

ACE BURPEE'S TOP 100

A look at Manitoba's fascinating people
Special section



Winnipeg metro

Your essential daily news

WEEKEND, DECEMBER 4-6, 2015

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Darcy Oake comes home
metroNEWS



MAGICMAN

Province pledges a greener future

CLIMATE CHANGE

Premier wants to go carbon-neutral by 2080

Manitoba is promising to cut greenhouse gas emissions by one-third in the next 15 years and bring in a cap-and-trade system for the province's 20 largest emitters to help meet that goal.

Three years after missing the province's previous greenhouse gas emissions target, Premier Greg Selinger said Manitoba aims to be carbon-neutral by 2080.

He says climate change is too great a challenge to ignore.

"We've seen major floods. Every year we're seeing more forest fires," he said Thursday before leaving for the global climate change summit in Paris. "All of those weather events are becoming more severe, more intense and more frequent. And they're costing us billions of dollars to address."

The NDP promised in 2007 to reduce harmful emissions to six per cent below 1990 levels by 2012. Instead, emissions were almost 15 per cent higher.

This time, Selinger said, the government will create 6,000 green jobs in the next five years, expand its Power Smart program to help people reduce energy use and bring in an environmental bill of rights with an independent watchdog.

It will also join Ontario and Quebec by introducing a cap-and-trade program for the 20 large emitters.

All of those weather events are becoming more severe, more intense and more frequent.

Premier Greg Selinger

"We'll be working with all of them to put the system in place to ensure they are part of the solution," Selinger said. "It's a firm, hard commitment that requires us all to work together

to achieve it."

The cap-and-trade commitment won the approval of former U.S. vice-president Al Gore.

"Manitoba — hurray! — is adding to Canadian provincial leadership by launching a carbon market," he said on social media. "Great timing for the world!"

Others said climate change needs a more ambitious plan.

Danny Blair, acting dean for the University of Winnipeg's faculty of science, said the world needs much more drastic action if it is going to keep temperatures from rising by more than 2 C.

"If we go beyond two degrees from a global perspective, there is a dangerous kind of climate change occurring. We will continue to see even more extreme events." THE CANADIAN PRESS

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Your essential daily news

San Bernardino grieves as more details revealed after mass shooting. **World**

IN BRIEF

No more fuss about the bus

Winnipeg Transit says they will be returning to their full fall service schedule Tuesday.

The announcement comes three months after a transit bus shortage, which resulted from mechanical issues with emissions control systems and underfunding, according to the City.

Winnipeg Transit has since revised their maintenance program, and has said they will continue to monitor the program closely.

The city says a revised plan has been created in partnership with Cummins Engine Corp. and will see an increase in manpower and shop resources to avoid another backlog. METRO

Electrician raises suspicion

Winnipeg police are looking for a man who claimed to be an electrician and talked his way past a Norwood Flats resident.

Police said the home, which had just gone through renovations, was not scheduled to receive a repair person that day. However, the resident let the man in.

The fake electrician spent some time in the house, and eventually left without any more interaction.

Police are looking for a white man, roughly 6'1" and 200 lbs. He's described as having a double chin, and broad shoulders. He was wearing a blue shirt, white casual shoes and a plain black work-style jacket. He was also carrying a leather binder. METRO

Thief's photo shared after robbing house

CRIME

Use discretion when posting on social media: Police

Evan Matthews
For Metro | Winnipeg

Carrie Marsh says it took the intruder four attempts before he successfully broke her door down and entered her St. Boniface home — at least that's what the videotape suggests.

Marsh's husband, Brian, had previously installed a home surveillance system. On Monday at 1:02 p.m., Brian received a motion alert notification on his phone.

"My husband was over at the CMHR, so he was super close," Carrie said. "He zipped home — he said it took him five minutes — and the guy had already been and gone."

The thief was only inside the Eugenie Street house for two and a half minutes, but in that time he managed to take a jewelry box and a digital camera.

Carrie said one piece of jewel-

ry had sentimental value, as it belonged to her grandmother. But the trespasser was unaware of the fact he was on camera.

Since the break-in, the Marshes have made a police report. They submitted the footage to WPS, and police said they would investigate.

Winnipeg Police Constable Eric Hofley said any video surveillance is beneficial to investigators, but cautioned the public to use their discretion.

"There are lots of moving parts to a police investigation," Hofley said.

"Social media can be a great tool... but depending on where an investigation is at, sharing that information with the public can make things more difficult on investigators."

But the Marshes did share a still photograph of the intruder, and the photo has since been shared roughly 7,000 times via Facebook.

On top of that, the Marshes have had three people contact them — whom they had

never met prior — suggesting a name in reference to their suspect.

In fact, all three suggested the same name.

"I was skeptical at first," Marsh said.

"Maybe one person was just

... sharing that information with the public can make things more difficult on investigators.

Const. Eric Hofley



The Marsh family shared this photo online of an alleged thief who broke into their home Monday, but didn't realize he was on camera. CONTRIBUTED

throwing someone they don't like under the bus, sort of deal. But then others piped up."

Carrie said they have, again,

given the information to police, but they have yet to hear anything back.

The investigation is ongoing.

FAMILY SERVICES

Child advocate gets new power

The Manitoba government is following through on a promise to give the children's advocate more power.

A bill before the legislature proposes that the independent office, for the first time, have the ability to investigate injuries and deaths outside the child-welfare system.

That authority would extend over minors who had been in the justice system or who had received mental health or addictions counselling. The bill also calls for the watchdog to be given an advocacy role for child-care services and justice programming.

There's also a provision for more special reports from the advocate on government services — not just annual reports.

The changes stem from an inquiry into the death of Phoenix Sinclair, a five-year-old girl who was beaten to death after social workers decided she could be returned to her mother.

"The proposed expanded mandate would enhance the ability of the children's advocate to ensure that children are protected and that their rights are respected," Family Services Minister Kerri Irvin-Ross said in a statement Thursday.

Children's advocate Darlene MacDonald said she is happy with the proposed changes and hopes the bill will become law.

The legislature was scheduled to rise Thursday and not return until February. A provincial election is slated for April 19.

THE CANADIAN PRESS

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St. James gets a traffic lifeline

INFRASTRUCTURE

St. Matthews Avenue rebuild completed at cost of \$45.3M

Evan Matthews
For Metro | Winnipeg

People from St. James soon can expect to shave 10 minutes from their commute into and out of downtown Winnipeg, said the province's municipal government minister, Drew Caldwell.

On Thursday morning, the province and the city jointly announced the \$45.3-million completion of the St. Matthews Avenue redevelopment.

"When you have three levels of government committed to investing in infrastructure — which we do have right now — we have a door that is wide open," said Caldwell.

"I think we're going to see a lot more long-term planning and lot more investment cor-



Coun. Scott Gillingham, St. James BIZ executive director Jennifer Mathieson, MLA Deanne Crothers, Municipal Government Minister Drew Caldwell and Mayor Brian Bowman meet at St. James Street and St. Matthews Avenue. EVAN MATTHEWS/FOR METRO

responding to that planning."

The city's acting director of public works, Lester Deane, said the work was completed on time and on budget. He

said he expects the project to improve traffic flow and reduce the number of collisions in the area.

He added that landscaping

and some sidewalk work will be done in the spring. Construction in the area isn't done just yet, either; the reconstruction of Empress Street can be

expected within a year.

"The redevelopment of Empress includes widening the road, and a very good active transportation component,"

Deane said. "We think it's really going to improve the (area's) infrastructure."

Mayor Brian Bowman said the area has been congested for years, and the project is long overdue. He said the solutions to similar issues are about long-term planning.

Bowman addressed the empty Target building by saying as much as the city would like the former retail space occupied, he hasn't heard of any new developments.

Deane said the demolition and repurposing of a strip mall at 904 St. James St. is also included in the city's plans for the area.

Thursday's announcement came 2-1/2 years after the initial inclusion of the project in the city's 2013 budget.

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Province seeks help for rail line, port

CHURCHILL

Manitoba looks to feds to keep northern routes going

The Manitoba government is looking for federal help to ensure the continued operation of a northern rail line and port

being put up for sale by OmniTrax Canada.

Manitoba Transportation Minister Steve Ashton discussed the issue Wednesday with federal counterpart Marc Garneau.

"It's quite legitimate to look at developing a business plan that works," Ashton said from Ottawa following the meeting.

"If it can grow the scope of its business, that's the key to its long-term future. That's very

much the focus which we're going to follow through with the federal government."

Denver-based OmniTrax took over the Port of Churchill and the Hudson Bay rail line in 1997. The line is the only land link to Churchill and three other communities from the south. The port is Canada's only deep-water northern port and relies heavily on grain shipments from western farmers.

Tweed said OmniTrax may discontinue service if no new buyer is found. He also suggested governments could have the railway operate as a utility, presumably with regulation of rates and some form of subsidy in poor years.

Ashton suggested the long-term survival of the port and railway could depend on expanding port storage facilities to handle potash and other goods.

THE CANADIAN PRESS



A train at the station in Churchill. HANDOUT

SHOPPING

City to get Saks Fifth Avenue outlet

Winnipeg's up-and-coming outlet mall has a heavyweight anchor store.

The Hudson's Bay Company announced Thursday that Saks Fifth Avenue will open one of its first Off 5th stores in Winnipeg in the spring of 2017 at the new Outlet Collection mall near IKEA.

The store will be one of four locations in Canada, including Quebec City, Montreal and Tsawwassen, B.C. (south of Vancouver).

The store in Winnipeg will be

32,687 sq. feet and will anchor Outlet Collection Winnipeg.

METRO



A Saks Off 5th location.
CONTRIBUTED

FOR YOUR HEALTH

ASK THE Denturist

How often should dentures be replaced?

Dentures should be replaced approximately every 5 years, says Hartley Zelcer of Zelcer Denture Clinic. Natural teeth can wear down and stain through time and so do your dentures. Tissue in your mouth goes through constant changes attributed to aging, weight loss, medications, stress and various other factors. Symptoms such as ringing in the ears, ear aches, headaches, jaw pain and dizzy spells may all be denture related. Dentures should enhance ones face by reducing and softening lines and in many cases can make one look years younger.

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Oake takes flight with doves

MAGIC

How burning ambition has put illusionist on route to top

Meg Crane
For Metro | Winnipeg

Darcy Oake has risked his life on stage to amuse audiences, but it's his illusions involving doves that he likes performing the most.

"That was the one that kicked it all off," said Oake. In 2014, the Winnipegger turned burning pieces of paper into birds in front of a live prime-time audience on Britain's Got Talent.

Now, his Edge of Reality show is touring across the UK and Canada, including a Friday stop at MTS Centre.

This tour includes a new illusion that is so dangerous, he had to postpone debuting it in front of a live audience.

"It's an endurance stunt where I have to hold my



Darcy Oake performs the illusion that started it all in 2014 on UK TV show **Britain's Got Talent**. CONTRIBUTED

breath," said Oake, adding that it terrifies him.

In rehearsals, the illusion went wrong twice, so he decided to hold off on performing it.

"It's something I would like to see if I went to a show," Oake said. He continued training for the illusion until it was ready. Now, Canadian audiences are

getting to see it in his Edge of Reality show.

Oake may be a revelation in the internet age of magic

It's an endurance stunt where I have to hold my breath. It's something I would like to see if I went to a show.

Darcy Oake, on his new stunt

and illusions, however, he first started doing magic tricks when he was just eight.

"I started before YouTube was a thing," said Oake. He took books out from the library, sent away for VHS tapes and got tips from local magicians to get started.

Now he creates his own illu-

sions and it's the only thing he can imagine doing with his life.

"I have zero back-up plans," said Oake. Becoming a world-famous illusionist has always been his only goal.

And he's starting to succeed. His performance on Britain's Got Talent — a show that Oake referred to as the biggest talent show in the world — made him a viral superstar.

The YouTube clip of his first audition on the prime-time UK show has garnered a whopping 59 million views in just over a year. It involved as many as six doves, which Oake pulled from burning matches and handkerchiefs.

It left the show's four judges — among them pop music and reality TV mogul Simon Cowell — dumbfounded. Cowell later praised him as "the best magician ever on Britain's Got Talent."

Oake has since performed across the UK and Canada, and has plans to take his show further afield, heading to Egypt.

"I'm really excited to be back in my hometown, Winnipeg," Oake said. "It's a dream come true."

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Kevin P. Gabel & Toby Hughes, photo by Dylan Hewlett



James and the Giant Peach at Manitoba Theatre for Young People. SHEL ZOLKEWICH/FOR METRO

Student, 14, nails a peach of a role

THEATRE

Singer Anton Dahl Sokalski already has quite a résumé

Shel Zolkewich
For Metro

Anton Dahl Sokalski has no problem nailing a British accent for his lead role in Manitoba Theatre for Young People's (MTYP) production of James and the Giant Peach.

"We actually do a lot of weird accents around our house. Like, I mean a lot!" said the Grade 9 student at Ecole Secondaire Kelvin High School and son of acclaimed Winnipeg soprano Tracy Dahl.

James and the Giant Peach tells the story of a British

orphan who finds himself inside a peach on a magical global adventure filled with weirdly wonderful characters. The musical is based on a book by author Roald Dahl, who also penned Charlie and the Chocolate Factory.

"I had read the book when I was about 10 and recently saw the movie," said Dahl Sokalski (no relation to the author). "I love his weird humor. It has a bit of a dark side."

Dahl Sokalski first took to the stage when he was seven years old, as Dolore in Manitoba Opera's production of Madame Butterfly. He sang Amahl in Amahl and the Night Visitors, as well as the Dewman and Sandman in Hansel and Gretel for the Little Opera Company. At Rainbow Stage, he was part of the ensemble in Annie and, last summer, sang the role

of Gavroche in Victor Hugo's legendary Les Miserables. He was the treble soloist in Elijah with the Winnipeg Philharmonic Choir.

Balancing school and a stage career has been completely manageable, said Dahl Sokalski. "I'm a good student, so it hasn't been too difficult. But that's only because my teachers have been so great at everything," he said.

Dahl Sokalski hopes to continue to sing, dance and act on the stage. He's 14 now and would love to perform the role of Jack (famous for his beanstalk adventures) in a production of Into the Woods before his voice changes. After that, he has his eye on the role of Javert in a production of Les Miserables.

James and the Giant Peach starts tonight and runs until Dec. 27. Tickets are \$25 at www.mtyp.ca.

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Sponsors give refugees hope

IMMIGRATION

Paperwork and waiting precede trip out of Jordan

The Alhajalis are animated, talking over one another as they compare the prosperous and peaceful pre-revolution life they enjoyed in Syria to the daily struggles they now face as 10 of the 630,000 Syrian refugees in Jordan.

Even though they're heading soon to the safety of Canada, the fear of Syria still hovers.

"All we want," says Razan, 28, wife of Emad, also 28, "is some peace and some security."

In a matter of days, they hope to be on their way there — Razan and Emad's family is among the 10,000 privately sponsored Syrian refugees likely to be in Canada by year's end as part of the Liberal government's commitment to resettle 25,000 of them by the end of February.

Awad Alhajali, 34, and his wife Asmaa, 34, are eventually



LEFT: Syrian refugee Awad Alhajali from Kherbet Ghazalah, Syria, and his wife Asmaa sit with their children, Obaida, 5, Adnan, 9, Abedr, 2, and Obaida, 7, left to right, in their apartment in Irbid, Jordan. The family is waiting for approval to immigrate to Canada. **RIGHT:** Headwaters Refugee Group chair Brian Logel with his wife Philomena at the Westminster United Church, in Orangeville, Ont. LEFT: CHRIS YOUNG/THE CANADIAN PRESS; RIGHT: PAUL CHIASSON/THE CANADIAN PRESS

ally bound for Canada as well, having found their own private sponsors in the same community — Orangeville, Ont.

About 14 months ago, a Canadian friend of a friend of Ra-

zan and Emad pointed out the private sponsorship system and offered to help with the paperwork.

A connection was made eventually with a group from

Westminster United Church in Orangeville, Ont., hoping to sponsor a family. The paperwork was filled out, and then the waiting began.

A month ago, they were



ON THEIR WAY

Syrian family to head to Orangeville Dec. 14

Brian and Philomena Logel are making arrangements to welcome the Alhajalis into their own home, if only until a more permanent home is found for their Syrian charges.

Word came down Sunday that the Alhajalis had received their exit visas and now they're heading to Orangeville, Ont., on Dec. 14. THE CANADIAN PRESS

flight will depart for Canada.

They've heard Canadians are warm and welcoming, and don't fear the experience of moving to a culture so different than their own.

"The general situation here is that nobody likes to help, nobody wants to help," Emad says. "So, it's a surprise when people across the world want to help you."

Razan jumps in.

"It means the world is going to be OK." THE CANADIAN PRESS

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Regan takes up post of Speaker

POLITICS

MPs elect veteran MP to House of Commons role

MPs have elected Liberal Geoff Regan as Speaker of the House of Commons.

Regan, 56, who represents the riding of Halifax West, was first elected in 1993, defeated in 1997 and then re-elected in 2000, and has served as MP ever since.

He defeated fellow Liberals Denis Paradis and Yasmin Rattansi and Conservative Bruce Stanton.

Regan is the son of former Nova Scotia premier and federal cabinet minister Gerald Regan, and his wife, Kelly, is a member of the provincial legislature.

Ottawa-area MP Mauril Belanger was expected to also be a candidate, but revealed on Monday that he has amyotrophic lateral sclerosis — ALS or Lou Gehrig's disease — and withdrew from the race.

Conservative MP Andrew Scheer, who held the post since 2011, opted not to run again, choosing instead to serve as

Opposition House leader.

The election comes a day ahead of the Trudeau government's first throne speech, to be delivered Friday by Gov. Gen. David Johnston.

THE CANADIAN PRESS



New Speaker of the House of Commons Geoff Regan, right, delivers his acceptance speech on Parliament Hill in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

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Michael Woods
Metro | Ottawa

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The government announced Thursday it's establishing a five-member advisory board to recommend Senate appointees "guided by public, merit-based criteria," a system the Liberals say will make the Senate less partisan and more effective.

The board will submit a shortlist of five names for each vacancy to Prime Minister Justin Trudeau, who makes the final decision.

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Rejected migrants demand to get in

GREEK-MACEDONIAN BORDER

Tensions erupt as migrants watch refugees jump to front of queue

Greek riot police struggled to maintain order Thursday after chaotic clashes between asylum-seekers at the country's border with Macedonia, where thousands seeking a new life in the European Union have seen their long trek north brought to an abrupt halt by closed borders and new rules.

At least two people were injured Thursday at the border as hundreds of people rejected by Macedonia — so-called economic migrants — clashed with the Syrians, Afghans and Iraqis that Macedonia is allowing in.

Late Thursday, a group of mainly Iranian migrants with small children agreed to stop manning barricades that pre-



A baby tries to touch the shield of a Greek policeman as refugees wait to cross the Greek-Macedonian border Thursday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

vented refugees from entering Macedonia, and about 300 people crossed the border from the Greek village of Idomeni. Tired of waiting, thousands of refugees then broke through a Greek police cordon, surging to the Macedonian border, which

immediately closed again.

Earlier, police distributed flyers warning the economic migrants that they must leave the border area within three days, and the government implied it would take more drastic action if necessary. THE ASSOCIATED PRESS

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TERRORISM

Paris fugitive hid in migrant wave: Police

Salah Abdeslam, a fugitive suspected in the deadly attacks in Paris, was at the main Budapest train station before mid-September and left with men who had been travelling amid a wave of asylum-seekers trying to enter Europe, Hungarian officials said Thursday.

In Belgium, meanwhile, two more suspects in the Paris attacks were taken into custody facing terrorism charges. In all, Belgium now has eight suspects behind bars who are linked to the Paris attacks or to a possible

attack in Brussels.

János Lazar, Hungarian Prime Minister Viktor Orbán's chief of staff, said at a news conference Thursday that the Hungarian secret service had confirmed information about Abdeslam's travels they had received from foreign agencies. According to him, the Paris fugitive was at the Keleti Railway terminal in Budapest, where he recruited young men who were refusing to register with Hungarian authorities, and later left the country with them. THE ASSOCIATED PRESS

GENDER EQUALITY

U.S. military opens all jobs to women

After three years of study and debate, Defence Secretary Ash Carter ordered the military Thursday to open all military jobs to women, removing the final barriers that kept women from serving in combat, including the most dangerous and grueling commando posts.

His landmark decision rebuffed requests by the Marine

Corps to exclude women from certain infantry and combat jobs and signalled a formal recognition that thousands of women served, and many were wounded or killed, in the last 14 years of war in Iraq and Afghanistan.

"We are a joint force, and I have decided to make a decision which applies to the entire force," Carter told a news conference. THE ASSOCIATED PRESS

220K

Carter's order opens the final 10 per cent of military positions to women - a total of about 220,000 jobs.

CEASEFIRE

ISIL defeated in 'months' with peace strategy : Kerry

The Islamic State can be defeated within "months" of a ceasefire between Syria's government and moderate rebels, U.S. Secretary of State John Kerry said Thursday, urging the world to come together behind a peace strategy recently

hashed out by the United States, Russia and other countries.

Kerry has been spearheading international efforts to broker an end to fighting between Syrian President Bashar Assad's government and non-terrorist opposition forces, and a political transition. THE ASSOCIATED PRESS



FBI agents search outside a home in connection to the shootings in San Bernardino, Thursday, Dec. 3, 2015, in Redlands, Calif. A heavily armed man and woman opened fire Wednesday on a holiday banquet for his co-workers, killing multiple people and seriously wounding others in a precision assault, authorities said. RINGO H.W. CHIU/THE ASSOCIATED PRESS

California gunman met radicals online

MASS SHOOTING

The motives of San Bernardino attackers are still unclear

San Bernardino gunman Syed Rizwan Farook had been in contact with known extremists on social media, a U.S. intelligence official said Thursday, and police said he and his wife had enough bullets and bombs to slaughter hundreds when they launched their deadly attack on a holiday party.

The details came to light as in-

vestigators tried to determine whether the rampage that left 14 people dead was terrorism, a workplace grudge or some combination.

The husband-and-wife killers were not on the FBI's radar before the massacre, said a second U.S. official, who likewise spoke on condition of anonymity because he was not authorized to discuss the investigation.

With the investigation



Syed Rizwan Farook, the suspect, is shown here.

THE ASSOCIATED PRESS

and wielding assault rifles, Farook, a 28-year-old county restaurant inspector, and his wife, Tashfeen Malik, 27, sprayed as many as 75 rounds into a room at a social service centre for the disabled, where Farook's co-workers had gathered for a holiday banquet Wednesday. Farook had attended the event but slipped out at some point, then returned in battle dress.

Four hours later and two miles away, the couple died in a furious gunbattle in which they fired 76 rounds, while 23 law officers unleashed about 380, police said.

The couple left behind three rigged-together pipe bombs with a remote-control detonating device that apparently malfunctioned, and they had more than 1,600 rounds of ammunition left when police killed them in their rented SUV, Burguan said.

A U.S. official says the FBI was treating the mass shooting in California as a potential act of terror but had reached no conclusion it was.

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Black Lives Matter, starting with babies

UNITED STATES

Experts believe racism a cause of high infant mortality

There are a whole lot of baby funerals in Milwaukee. At most of them, it is a black mom crying over the casket.

Milwaukee is one of the most segregated cities in America. Its white infants die at around the same rate as infants in Canada. Its black infants die at around the same rate as infants in the Gaza Strip.

"Babies just dying every day," said Mary Love, 25 and expecting her third child, at the popular Blanket of Love prenatal class held weekly at a black church.

The city's politicians and experts believe they know what is happening. The challenge is fixing it. Four years into an ambitious official campaign to both lower the overall death rate and close the black/white gap, the overall rate has dropped slightly. The 10-point gap hasn't budged.

"This problem is so all-encompassing it's mind-boggling," said Elizabeth Hill-Karbowski, director of women and infants outpatient services at the Wheaton Franciscan health system.

About 15 per cent of the city's black infant deaths are the result of unsafe sleep conditions — fixable stuff. But two thirds of the deaths are the result of premature birth. Prematurity is linked to obesity, teen pregnancy, sexually transmitted infections and a lack of prenatal health care, all of which are linked to social conditions. The city's black poverty rate, black unemployment rate and black incarceration rate are among the highest in the country.



Tiara Hardy, 22, credits Blanket of Love classes with helping her bond with her kids. TORSTAR NEWS SERVICE

Across the U.S., the black infant mortality rate is nearly double the white rate. The gap can't be explained in full by poverty or risky decisions: even high-income, college-educated black women are more likely to give birth prematurely than the average white woman. Some researchers, and many of Milwaukee's experts, believe racism is part of the explanation.

Early labour can be triggered by high levels of the stress hormone cortisol. Studies show these levels are higher in people who have faced discrimination,

no matter what their social status.

In Milwaukee, a community with deep and long-running racial divisions, Hill-Karbowski said chronic stress is the "overarching" factor in the mortality crisis.

"You're looking at generations upon generations of people who have been unfairly treated and discriminated against," she said. "We're talking about generations of people living with increased levels of stress hormones in their body."

TORSTAR NEWS SERVICE

We're talking about generations of people living with increased levels of stress hormones in their body.

Elizabeth Hill-Karbowski

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#BuyPens refugee now employs 16

CROWDFUNDING

Man has come a long way since photo went viral

Abdul Halim al-Attar, a Palestinian refugee from Syria who was photographed selling pens in the streets of Beirut, is now running three businesses in the city after an online crowdfunding campaign in his name collected \$191,000.

The 33-year-old father of two opened a bakery two months ago and has since added a kebab shop and a small restaurant to his business venture. He employs 16 Syrian refugees.

The photograph of al-Attar carrying his sleeping daughter on his shoulder while trying to sell pens to passing motorists in the scorching heat went viral this past summer and touched



Abdul Halim al-Attar and his daughter Reem, 4 look at the photo that inspired a crowdfunding campaign.

HUSSEIN MALLA/THE ASSOCIATED PRESS

people across the world.

One of those moved by his plight was an online journalist and web developer in Norway, Gissur Simonarson, who created a Twitter account under

the name #BuyPens and an Indiegogo campaign to raise \$5,000 for al-Attar and his family. When it closed three months later, the campaign had collected almost forty times more:

\$188,685

The amount of money collected over three months via Indiegogo.
THE ASSOCIATED PRESS

\$188,685. Another \$2,324 in donations has trickled in since then.

"Not only did my life change, but also the lives of my children and the lives of people in Syria whom I helped," he said. Al-Attar said he gave away about \$25,000 to friends and relatives in Syria.

Al-Attar also quickly built a better life for himself and his family in Beirut. His wife returned to Syria and they are currently separated.

He sported a T-shirt reading "Stay positive," and a large smile. "When God wants to grant you something, you'll get it," he said.

THE ASSOCIATED PRESS

GUANTANAMO BAY

Mistaken identity case free after 13 years

A Yemeni prisoner detained for over 13 years at the U.S. base at Guantanamo Bay, Cuba, was reportedly held there partly as a result of mistaken identity.

U.S. officials determined that Mustafa al-Aziz al-Shamiri was a low-level fighter and not an al-Qaida courier and trainer as previously thought. Officials mistakenly believed al-Shamiri's role was more significant because his name was confused with others having a name like his.

"We now judge that these activities were carried out by other known extremists with names or aliases similar to (al-Shamiri's)," an unclassified U.S. Department of Defense detainee profile written on Sept. 25 shows.

The DoD report states that "fragmentary reporting" links al-Shamiri, 37, to fighting in Bosnia in 1995, when he would have been 16 or 17 years-old.

The report also states that he told interrogators that he

fought in Yemen's civil war in 1996 and for the Taliban in Afghanistan in 2000-2001.

"He may have been collated at a safehouse in Yemen with operatives who plotted the USS Cole bombing, although there are no other indications that he played a role in that operation," the report reads.

Amnesty International has called on the U.S. to close Guantanamo immediately.

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS



A scene at the U.S. base at Guantanamo Bay in 2012.
JIM WATSON/AFP/GETTY IMAGES

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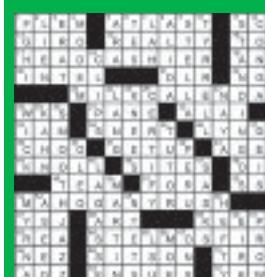
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4	1	7	2	5	9	8	6	3
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1	2	9	8	3	5	4	7	6
6	5	4	1	7	2	3	8	9

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TECHNOLOGY TOYOTA BETS BIG ON 'PARTNER ROBOTS'

Akifumi Tamaki, Toyota's robot division general manager, speaks with the auto maker's one-armed "partner robot" at the International Robot exhibition in Tokyo on Wednesday. The R2-D2 lookalike is spearheading Toyota's ambitions to become a significant player in the growing market for robots that help the elderly and other people get around in everyday life. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Big mergers worry small breweries

BRANDING

Giants killing innovation, craft beer makers say

The proposed consolidation of the world's biggest beer companies has given rise to concerns that it could be harder for Canada's small brewers to sell their brands in local bars.

"Traditionally, big companies merging to become even bigger companies tends to have a little bit of a chilling effect on innovation and small companies," said Jason Fisher, owner of the Indie Ale House, a Toronto brewhouse. "You want to go to a sporting event, they own that venue... You want to buy beer at a store, they own those too."



You want to go to a sporting event, they own that venue... You want to buy beer at a store, they own those too.

Jason Fisher

a merger of the world's two largest brewers. Molson Coors is poised to nearly double its size after agreeing to spend \$12 billion US for SABMiller's share of Miller Coors and Miller's International brands, including those sold in Canada.

Molson Coors and InBev together control about 71 per cent of the Canadian beer market, according to market research firm Ibis World.

Ibis said the craft brewing phenomenon that has taken the U.S. beer market by storm has not been as significant in Canada, largely because it is more difficult to enter the market with provincial regulations about distribution. However, the popularity of craft beer has been rising across Canada for years. While overall beer consumption declined by six per cent in 2014, craft beer servings grew by seven per cent, according to data research company NPD Group.

Large brewers use their financial firepower for marketing and sponsorships to increase awareness of their brands and buy up more beer tap lines to dominate distribution in bars and restaurants. SABMiller recently agreed to a \$107-billion US takeover by Anheuser-Busch InBev in

Beer giants have responded by buying up craft beer companies. Over the last decade, Molson Coors has acquired Creemore Springs and Granville Island, while Labatt's recently bought Mill Street Brewery and Turning Point Brewery.

THE CANADIAN PRESS

OILSANDS

Suncor extends bid for peer

Oilsands giant Suncor Energy has extended its hostile takeover bid for its smaller peer Canadian Oil Sands (COS) until Jan. 8, but it hasn't sweetened the offer. The all-stock bid — worth nearly \$4.5-billion — was to have expired Friday.

Suncor CEO Steve Williams said in a statement Thursday the offer remains "full and fair" in light of the worsening outlook for oil prices.

"The pressure is clearly on

COS' board and management to prove they are acting in someone's interest other than their own," said Williams.

A COS adviser has said 25 parties have expressed some degree of interest, but the company has also argued that it's in strong enough shape to keep going it alone.

COS's leadership has urged shareholders to reject Suncor's offer, which it says is too low, opportunistic and exploitative.

At the centre of the Suncor-COS battle is the massive Syncrude oilsands mine north of Fort McMurray, Alta.

Both companies are partners in Syncrude — COS with a 37 per cent stake and Suncor with 12 per cent. That means if Suncor is successful, it would own just under half of the mine and consolidate its position as Canada's biggest dominant oilsands player.

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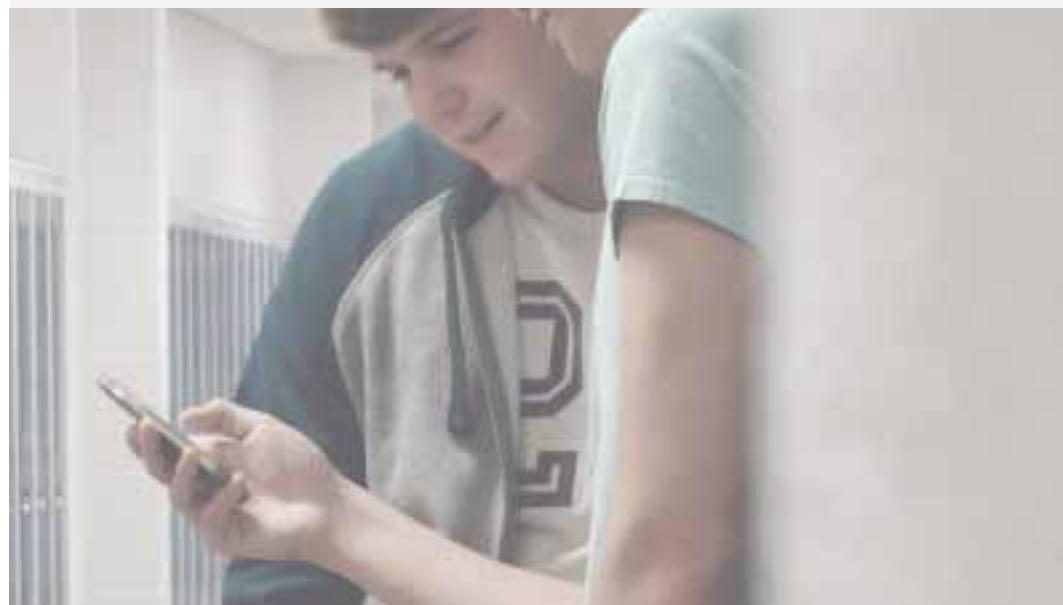
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FACE OFF

Is the TPP good for Canadian music?

The Trans-Pacific Partnership (TPP), is a mammoth 6,000-page trade agreement among 12 nations, including Canada, the United States, Australia and Japan. It covers everything you could conceivably trade — from donkeys to dairy to Disney's Mickey Mouse. As the new Parliament prepares to assemble for the first time, reviewing this thing and debating whether to ratify it will be a top priority.

 Especially controversial are the provisions that deal with Canadian culture (music, movies, books and more).

Under the TPP, copyrighted works will enter the public domain — where they can be freely modified, published and shared — 70 years after the creator's death, rather than the current 50 years. So with the agreement, copyright holders, whether the artists themselves, their heirs or the companies that own the rights to their work, will be able to profit for 20 extra years.

Will this safeguard the rights of music-makers, who are struggling to stay afloat in the digital world? Or will it stifle Canadian creativity? Three experts weigh in.



DEADMAU5
TORSTAR NEWS SERVICE

Expert comments have been condensed by Metro

No: It will hurt Canadian heritage



Michael Geist
University of Ottawa
Canada Research Chair in Internet and E-commerce Law

It's largely the music companies, and artists' heirs, that benefit from an extension of copyright protection. To the average Canadian creator, it doesn't mean very much. Economists say a longer copyright term has little to no effect on new creativity. Nobody woke up and said, "I'm not going to write the next great Canadian novel, because my heirs will get 50 years of profits rather than 70." A term of the life of the author plus 70 years means many works that are around today won't be public domain until the next century. For the vast majority of works, the commercial value runs its course in far less time. We're restricting Canadians' access to their own heritage. But if older works are made publicly available and free, we can leverage the public domain for education and to promote Canadian heritage. I'd like to see a registration system, where you have to renew copyright every 20 to 25 years. It would separate the high-value commercial items from the vast majority. Imagine if we were still paying the heirs of Shakespeare, and charging for the rights to adapt it, to put on the plays. There wouldn't be that incentive to create.

Yes: It will help the music industry survive



Robert Hutton
Executive Director
Canadian Music Publishers Association

Very often, Canadian artists punch above their weight internationally. And we were considered a weak copyright jurisdiction. We have to realize that intellectual property is intangible. It's not a physical product like a compact disc anymore; it flows freely across borders. It has to be globally managed. So uniformity of international copyright standards is a good thing in itself. The companies that own artistic works have invested in the artists over a period of time. The Canadian public benefits because companies use that money to invest in developing new talent. Composers and families continue to reap the benefits of copyrighted works. When we extend protection, we help preserve a declining revenue stream. If you really value Canadian music and want it to be made in the future, we need to find a way for artists to get sustainable income. What happened with the TPP, from our perspective, is fair.

Sort of: A balance is needed



Erik Ashdown, CEO
Indiloop, a Canadian tech startup that allows users to create and share their own music and sound mixes

I have to look at both sides of the copyright debate. We're not here to steal or disrespect copyrighted music, but you don't want to stop people from being creative. Record labels should see remixing as a marketing opportunity. If people are remixing your music, it shows that people care and you have an audience. When (Canadian house-music star) Deadmau5 was remixed by the (much more famous DJ) Skrillex, it probably brought a lot more attention to Deadmau5's work than it otherwise would have gotten. Some people think record labels are evil. They're not. They're in it because they love music. Their industry has been cut in half. They want to hold on to a few million dollars per year by holding on to copyright. People are still willing to pay for Beatles albums, and to pay to cover Beatles songs. On the other hand, I see why people say "Don't they have enough money?" I think Paul McCartney's great-great-grandkids will be okay.

ROSEMARY WESTWOOD

metroview



Tackling violence against women: Where do we start?

I should be writing this column about violence against women, now.

It's just, violence against women — can you think of anything more broad? More pervasive? More global?

It's like saying, "Here's my opinion on poverty: It sucks."

Where do you start, and where to do you end? Rape as weapon of war, and, for ISIL, of indoctrination. Domestic abuse. Statistics, courtesy of the international development agency Plan Canada, that say 120 million girls have experienced forced intercourse or sexual touching, and females make up 70 per cent of human trafficking victims. Or: One-quarter of Canadian girls will experience sexual violence.

Sunday marks another National Day of Remembrance and Action on Violence Against Women. The International Day for the Elimination of Violence Against Women was Nov. 25th. Those who work year-round in this area worry about the tokenism of a day, while fighting for air-time to galvanize us to action.

Activists will seek to incite your indignation, though it's hard to get worked up over everyday injustices. Just ask a panhandler.

One place to start is with the good news, such as the federal Liberals' promise for a "comprehensive" gender-violence strategy and inquiry into missing and murdered indigenous women.

"I think there's some new momentum that I'm quite optimistic about," Amanda Sussman, Plan Canada's head of policy and advocacy, told me. She pointed to the United Nation's new sustainable development goals for 2030, which are "drawing political attention and resources to the most vulnerable... adolescent girls, women and girls."

Another place to start is with the wider issues of violence, and how we need to end violence in men's lives, too. Undoing the pressure of gender norms on all people is among Plan's priorities, Sussman told me, painting the image of a man in a developing nation, living in extreme poverty, who must be the breadwinner for his family, but cannot.

"I think we have made mistake in the women's movement for some time not giving enough emphasis to that," she added.

Sussman, when we spoke, was sitting in the relative comfort of her Canadian life, fearing for the vulnerability of women and girl refugees, ripped away from their lives and protection.

"How do we spark the outrage?" she asked, and then suggested one last place to start: With ourselves. A day of action is a call to be "more vigilant than ever" in fighting the violence we witness. Individual actions count, she said. Maybe, start small.

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MOVIES MUSIC TELEVISION DIGITAL



In Legend, Tom Hardy plays identical twins and notorious gangsters Ronnie and Reginald Kray. HANDOUT

Tom Hardy is not your average guy

RETROSPECTIVE

Actor's small edgy roles deserve a double take

Richard Crouse

For Metro Canada



Like Wrigley's "Double your pleasure! Double your fun!" gum, this weekend's movie *Legend* is two Tom Hardys in one. He plays the dual roles of Britain's most notorious gangsters, Ronnie and Reginald Kray, identical twins and violent thugs who ruled London's underworld during the 1950s and 1960s.

Previously real-life siblings Martin and Gary Kemp of '80s

new wave band Spandau Ballet impersonated the brothers in the 1990 film *The Krays*, but these days special effects allow Hardy to play both brothers. "The movie's a testament to the Krays' ability to get away with everything, for a while, anyway," wrote Ty Burr in the *Boston Globe*. "But it's better evidence of Tom Hardy's ability to do just about anything."

Already this year we've seen the talented actor in the *Mad Max* reboot *Fury Road*, the musical *London Road* and the crime thriller *Child 44*. Soon he'll play opposite Leonardo DiCaprio in *The Revenant* and is currently shooting *Taboo*, a new BBC mini series scheduled to air next year.

He's also made waves as *The Dark Knight Rises'* brooding hulk Bane and dream-dancer Eames in the megahit *Inception*.

MOVIE RATINGS by Richard Crouse

Legend	★★★
Youth	★★★★
A Royal Night Out	★★★
I Smile Back	★★★
Life	★★
Hitchcock/Truffaut	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

In between these box office busters he's appeared in smaller, edgier films that deserve a look. Here are some of the other films that have helped Tom Hardy become legend.

Hillbilly Hardy:

Lawless takes place during Prohibition. The bootlegging business is booming, run by hillbillies who'll sell to anyone with a buck and a thirst. The most notorious are the Bondurant family, headed by Forrest (Hardy)

who engages in a knock down, drag out moonshine war with a corrupt lawman played by Guy Pearce. Hardy leads the cast as a soft-spoken thug with a brainy bent. "It's not the violence that sets men apart," he says, "it is the distance he is prepared to go."

When he isn't waxing philosophical he's busy earning most of the film's few laughs. It's a natural, unaffected performance that really shows what he can do without a mask strapped to his face.

Solo Hardy:

In these days of maximalist moviemaking Locke goes the opposite way, trimming the movie down to one claustrophobic setting and a single on-screen actor. Locke is the first movie in recent memory that would probably work as well as a radio drama as it does a film. Hardy is Ivan Locke, a straight arrow construction foreman determined to be at the birth of his child. In his car, he's battling traffic for the hour-and-a-half drive to London and the mother-to-be's hospital. Trouble is, the child is the result of a lonely one-night stand and he's a married man.

The entire film takes place in the front seat of Locke's car, in real time, as he drives the M1. We see through the windshield, into the backseat and the display screen of car phone and GPS. Most of all we see Hardy's face,

which, even though obscured by a beard, still allows his charisma to ooze through. His face is the engine of the film, his talent the driver.

Hardheaded Hardy:

In *The Drop*, Hardy plays Bob Saginowski, a mild mannered bartender at a Brooklyn neighbourhood pub owned by the Chechenyan mafia. Like many of the borough's bars, Marv's is sometimes used as a "drop," a place where gangsters secretly hide money until it is collected by their crime bosses.

As Bob, Hardy is a cypher; kind to dogs, shy and lovesick, he is an average neighbourhood guy. Except in this neighbourhood average guys have pasts, and Hardy does a nice job of playing a man who is trying to move on while the past tries to stop him in his tracks.

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Director: Peter Sohn
Starring: Raymond Ochoa, Jeffrey Wright

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ROTEN TOMATOES™ SCORE

Critics: 81% Audience: 81%

**DRAMA****Trumbo**

Director: Jay Roach
Starring: Bryan Cranston, Alan Tudyk

In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. The film recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist.

ROTEN TOMATOES™ SCORE

Critics: 73% Audience: 76%

**DRAMA****Creed**

Director: Ryan Coogler
Starring: Sylvester Stallone, Michael B. Jordan

Adonis Johnson never knew his famous father, world heavyweight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with Rocky Balboa.

ROTEN TOMATOES™ SCORE

Critics: 92% Audience: 96%

**DRAMA****Victor Frankenstein**

Director: Paul McGuigan
Starring: James McAvoy, Daniel Radcliffe

James McAvoy and Daniel Radcliffe star in a dynamic and thrilling twist on a legendary tale. Radical scientist Victor Frankenstein and his equally brilliant protégé Igor Strausman share a noble vision of aiding humanity.

ROTEN TOMATOES™ SCORE

Critics: 22% Audience: 54%

**ART HOUSE****Legend**

Director: Brian Helgeland
Starring: Tom Hardy, Emily Browning

The true story of the rise and fall of London's most notorious gangsters, Reggie and Ronnie Kray, who captivated the public and lorded over a criminal empire. This classic thriller takes us into the secret history of the 1960s and the extraordinary events that secured the infamy of the Kray Twins.

ROTEN TOMATOES™ SCORE

Critics: 60% Audience: 73%

**HORROR****Krampus**

Director: Michael Dougherty
Starring: Toni Collette, Adam Scott

When his dysfunctional family clashes over the holidays, Max is disillusioned and turns his back on Christmas. Little does he know, this lack of festive spirit has unleashed the wrath of Krampus: a demonic force of ancient evil intent on punishing non-believers.

ROTEN TOMATOES™ SCORE

Critics: NOT YET REVIEWED Audience: +93%

JeAnn Jundermann, United Dogseats PHOTO: Reegan Brand Photography



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BOX OFFICE

Could Star Wars VII beat out Avatar?



Star Wars: The Force Awakens is projected to break box office records. HANDOUT

Is the James Cameron movie a few weeks away from losing its number one ranking at the global box office? At any rate, it seems that the future is rosy for the new episode of the Star Wars saga.

The seventh episode, slated for release on December 16, is expected to generate some big numbers, but how much exactly?

Some analysts are already predicting a final total of 2.7

billion dollars at the box office, i.e., as much as Avatar, which has held the global box-office record since 2010. The most optimistic analysts believe it could be the first film to top 3 billion dollars.

Star Wars VII will be released at the same time of year as Avatar and Titanic (respectively on December 18, 2009 and December 19, 1997), the movie industry's two biggest global successes.

One thing is sure, the J.J. Abrams opus is likely to begin with a bang. Forecasts, such as that of FBR & Co's Barton Crockett, foresee \$220m for the opening weekend. A record that would topple Jurassic World, which generated \$208.8m when it was released last June.

With record advance ticket sales (\$50m), Star Wars is sure to get off to a better start than Avatar which brought in \$77m in its opening weekend. AFP



Dane DeHaan plays screen icon James Dean in Life. HANDOUT

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James Dean lives again

BIOPIC

Actor has inspired lead since acting school days

When Dane DeHaan was studying acting at UNC School of the Arts he had a poster of James Dean on his dorm wall.

DeHaan graduated in 2008 and has gone on to star in the HBO series *In Treatment*, and films like *Chronicle*, *The Place Beyond the Pines*, *Kill Your Darlings* and *The Amazing Spider-Man 2* but one thing hasn't changed.

"The poster is still on my wall," he says on the line from his home. "I'm looking at it right now."

In new film *Life*, the 29-year-old actor plays Dean in 1955, just months away from the release of *East of Eden*. After a chance meeting a photographer, played by Robert Pattinson, becomes convinced the actor is the perfect subject. The two have an undeniable bond but Dean is hesitant, leery of exposing himself to the publicity machine.

DeHaan, who gained 25 pounds to play the screen icon, calls Dean one of his favourite actors.

"I was learning about acting and my acting teacher told us to go home and watch Marlon

Brando and James Dean movies. I started watching them and he was just amazing. It was amazing to watch someone start the revolution of the kind of acting that most people do today but do it in such a beautiful way.

"It's so exciting to watch those movies and see James Dean existing in this world with all these other over-the-top actors and just take them to school. The contrast was so jarring. Now you see a movie and there are obviously people who are better than others, but generally they're trying to do the same kind of acting. In those movies that's not really happening."

DeHaan, who will soon be seen playing another real life character, Karl Rove in *Young Americans*, says "people think they know a lot about Dean but not many people really know much about him at all," and hope *Life* will change that.

"Ultimately that was one of the reasons I took it on," he says.

"I realized that there are a lot of young people who don't know who James Dean is, and that's a sad fact. I would hope you would watch his movies first and then watch our movie or watch our movie and then watch his. I hope it opens a door for a lot of people to rediscover him not just as a persona but as an amazing talent."

RICHARD CROUSE/METRO

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The Power to Surprise

Gadon 'charmed' by teen Elizabeth

INTERVIEW

The Canadian actress hones a posh accent for royal role

Richard Crouse
For Metro Canada

For many of us Queen Elizabeth is a face on a stamp, someone we see every day on our money. For Sarah Gadon, the Canadian actress who plays H.R.H. in *A Royal Night Out*, the figurehead is "an icon and it is really always kind of difficult to humanize someone who is embalmed in icon status."

The Dracula Untold star plays the Queen before she took the throne, when she was a 20-year-old headstrong woman known to friends as Lillibet. It's May 8, 1945, VE Day in England, the biggest party London has ever seen and Princess Elizabeth and Princess Margaret (Bel Powley), or P1 and P2 as the princess

sisters are called, want in on the action.

"For six years we've been cloistered," says Princess Elizabeth. "Like nuns," adds Princess Margaret.

"I fell in love so much with this script," says Gadon. "I was charmed by the story and its portrayal of her at that point in her life. It was this beautiful coming of age story about this woman faced with her future. That is something I really related to. That feeling of when you are growing up and you have all these ideas about the world, all these ideologies you are associated with and then you are confronted with reality and you have to decide for yourself what you want. I thought that was an interesting entry point."

The slick talking Liz manages to convince Mom (Emily Watson as the Queen Mum) and Dad (Rupert Everett as King George) to let them mingle with the real people, listen to the King's victory speech and report back.

Royal Night Out is part royal romcom, part urban adventure, and only loosely based on real events. In truth the prin-



Sarah Gadon, left, and Bel Powley play the princesses Elizabeth and Margaret. HANDOUT

cesses went out, accompanied by an entourage of 16 people and were home by curfew.

"Julian Jarrold, the director, was so conscious of what he

wanted the tone of this film to be," says Gadon. "We all knew it wasn't a biopic, and none of us wanted to make that film. It is very much a fantasy, very

much an adventure chase film. Being more North American in my approach to the part, my tendencies were to indulge the humour and indulge in

the slapstick moments. Julian held the reins tight and really captured the reserve of Elizabeth. He really walked that line between going off too far in either direction. The film has very real feelings but a lot of tongue-in-cheek."

To capture Queen Elizabeth's posh accent Gadon studied footage of the princess at that age, the movies *Roman Holiday* and *Brief Encounter* and worked with dialect coach Brett Tyne. "Brett worked with all of us," she says. "It wasn't just me. She worked with Bel, Emily and Rupert because even though they're British they certainly don't walk around talking like that."

The dialogue coaching worked. *A Royal Night Out* is already open in England and Gadon notes, "The reviews were great, very generous. And most people had no idea I was Canadian! It was exciting for me."

"I was really, really nervous. To have it received so warmly was such a relief. Now, with the North American release, I'm like, 'I'm good! I got the stamp of approval from the Brits!'"

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THE TV DINNER JESSICA ALLEN



What I don't need is Friday Night Lights, the musical. That's right. Scott Porter will play Coach Taylor in an upcoming production

squirrel!" We're better off not knowing.

But it started with *We Are Marshall*. "You've never seen it?" Simon asked of the 2006 movie starring Matthew McConaughey as a new coach who must put a college football team together after an unthinkable tragedy. "And you call yourself a sports movie lover?"

Next was *Remember the Titans*, the 2000 movie starring Denzel Washington as a new coach who must put a high school football team together after racial segregation ends.

On a roll now, I suggested we watch just the pilot of *Friday Night Lights*. We've already watched all six seasons but I wanted to revisit Coach Taylor, Tami, Riggins and Sarcen, for old time's sake.

After the pilot, we watched one more. But after that, Simon strongly suggested that we stop. "You will never top

THE SHOW:
Friday Night Lights



THE MEAL:
Leftover pot roast



that episode," he said. "Let's quit while we're ahead."

"Yeah," I said. "You're probably right."

"What are you doing?"

"I can't stop and I won't stop. Is there a love scene in this damn show between Coach Taylor and Tami?" I asked, as I topped up our wine glasses with Tami Taylor-size pours. "Because that is what I need right now."

What I don't need is *Friday Night Lights*, the musical. That's right. Scott Porter, the actor who played Jason Street in the television series, will apparently play Coach Taylor in an upcoming production.

"Whenever I read about non-musical stories being turned into musicals," I told Simon as we sipped our wine on the couch, "I think it's got to be a joke, or an SNL skit. I

mean, what's next? Rocky, the musical?"

"Uh, Rocky was a musical," he said.

How can people suspend their disbelief long enough and not be cynical seeing football players singing? Like singing actual songs! That simply does not fit into my narrative of good sports movies. I want conflict, underdogs, tears and training sequences, not song and dance, unless it's in the end zone. That predictability is precisely what keeps me coming back to movies like *Rocky*, *Breaking Away* and *Hoosiers*, because it's comforting to know exactly what you're going to get.

Just like pot roast. But what no bookie would've placed odds on was that after our Sunday night pot roast accompanied by some FNL, we'd have leftovers. Actual leftovers! So on Monday night, with more FNL, we warmed up a baguette and topped it with the leftover roast, slivers of red onion and beautiful, bitter dandelion greens fried up in olive oil, garlic and chilies.

Clear eyes, full stomachs, can't lose.

Jessica Allen is the digital correspondent on CTV's *The Social*.

MEMORABILIA

Ralphie's Red Ryder comes home for Christmas

A museum dedicated to *A Christmas Story* has acquired the holy grail of movie memorabilia: a Red Ryder BB gun wielded by Ralphie in the beloved holiday film.

The Cleveland house where exteriors for the 1983 movie were shot already draws thousands of tourists year round. Now visitors to the adjacent museum will get to lay eyes on the Christmas gift Ralphie longed for most of all: the "Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and this thing which tells time."

Brian Jones, the owner of the house and museum, paid \$10,000 for it on an Internet auction site.

THE ASSOCIATED PRESS



A Christmas Story's Ralphie. CONTRIBUTED

SPONSORED CONTENT

Gus & Tony's offers cosy, comfort cuisine

Gus & Tony's at the Park isn't just a delightful neighbourhood favourite on Portage Avenue in St. James. It's a family-oriented, warm and friendly establishment that hosts solid values and prepares the freshest of mouth-watering comfort cuisine.

Catherine Harris runs the front of the house with Estevao Marques dividing his time between greeting guests and honing his culinary expertise in the kitchen alongside renowned chef, Arnaldo Carreira, former proprietor of one of Winnipeg's top-rated restaurants: Orlando's Seafood Grill.

Inside the cosy ambience of Gust & Tony's, you will find authentic Italian, Portuguese and Greek dishes prepared with the freshest ingredients. Interestingly, to add to Arnaldo's commitment in presenting fresh and healthy cooking to guests, all dishes are prepared with wholesome olive oil and are MSG free.

Within the next few weeks, Gus & Tony's will install an innovative barbecue grill that will provide guests with an undeniably succulent flavour for all grilled meats.



CONTRIBUTED

Catherine, Estevao and Arnaldo have seen the catering end of their restaurant increase considerably since opening last year. Their key to success has been flexibility in menu items and adhering to individual customer's budgets.

The most sought-after business catering requests consists of: Souvlaki, Greek salad, succulent rice and lemon potatoes along with their authentic, wildly popular pita wraps.

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Comedian Silverman on her serious movie role

I SMILE BACK

Actress got gig after sharing her experience with depression

Steve Gow
For Metro Canada



Whether it's Adam Sandler, Jim Carrey or even Oscar-winner Mo'Nique, people are shocked when they see their favourite comedians take on serious roles.

However, to cinema's latest crossover thespian, the two worlds go hand-in-hand.

"I don't think it's a new conceit that comedy and drama are adjacent at the very least," explained comedian Sarah Silverman recently.

In Toronto to discuss the debut of her new drama *I Smile Back* during the Toronto International Film Festival in September, the provocative entertainer agrees that behind comedy's veneer of laughter lies a rather shadowy secret of manic depression.

Indeed, a British study recently noted that humorists score higher for psychological traits like suicide and depression than the general public. Silverman adds, "I had a lot of stuff to draw from that a lot of comedians would."

With *I Smile Back*, Silverman is getting rave reviews for her riveting portrayal of a



In *I Smile Back*, Sarah Silverman plays a suburban mother struggling with depression. CONTRIBUTED

It's funny — I was never asked to be naked in anything until I turned 40 and then I'm asked to be naked in everything — which I kind of love. Sarah Silverman

suburbanite mother struggling with such a spell of depression that she dulls her pain with drugs, alcohol and acts of compulsion at the risk of her family and health.

"I've never been purposely looking for anything (serious)," insisted Silverman, who admits the role was offered after author Amy Koppelman heard the comedian discussing her own

battle with depression on Howard Stern's radio show.

"To be honest, I didn't think it would ever get made (so) I didn't think about it at all which was probably good because then it happened and it was too late to back out."

The truth is, she did take a leap of faith for the role — a decision that is now accruing such critical praise for Silverman as

"chilling" and "scarily good."

If nothing else, *I Smile Back* definitely shows that comedian's fearlessness isn't just limited to the stage — illustrated by the film's prolonged scenes of stark emotional strife and unglamorous nudity.

"I was nervous about some of the sex scenes but (co-stars) Tommy Sadoski and Josh Charles were so — and I roll my eyes when I hear actors say this but now I get it — they were so generous," laughed Silverman, taking the attention in stride.

"It's funny — I was never asked to be naked in anything until I turned 40 and then I'm asked to be naked in everything — which I kind of love."

TOM & LARRY.CA

LISTEN NOW!

COOKING SHOW

A taste of Top Chef

Thursday night I got to make my big-time reality TV debut — sort of. If you watched the premiere of the 13th season of *Top Chef*, you might have spotted me. Or maybe not, if you blinked.

The thing about cooking competition shows like *Top Chef* that have always bugged me is that you can't taste what the contestants are whipping up. On something like *Project Runway*, you can see the work they've created and form your own opinion, but with food you have to take the judge's word for how it tastes. Or at least I had to until last night, when I got to be one of the people tasting that food.

As Padma Lakshmi explained to the 17 contestants, they were secretly being judged by a handful of food critics and entertainment reporters, including myself. Those scores determined which chefs ended up on the top and bottom — and faced elimination — regardless of the show's regular judges' opinions.

Judging all the dishes meant tasting them all, which was a challenge in and of itself — 17 dishes is a lot of food. I should've taken a cue from the pros, who never seemed to finish a whole portion.

The good thing for us, as Tom Colicchio noted at Judge's Table, is that there weren't any dishes that were total disasters. I mean, I don't think I'm going to rush out to try anything with mung bean and bitter melon anytime soon. The name is not a coincidence. But there were some true standouts.

Amar Santana's pork belly meatball, for the record, was the best thing I ate, and I would happily take more of them. And Carl Dooley's carrot soup was pretty awesome. Oh, and Giselle's cauliflower soup didn't get the attention and praise it deserved.

As for actually making the final broadcast, a sinking feeling set in when it became clear that my comments on the merits of the various dishes had been edited out. I thought I had some interesting things to say, but apparently not.

I did at least get some quality screen time when Lakshmi and Colicchio sauntered in front of me for one of the episode's more awkward moments — waiting for contestant Garret Fleming's handmade noodles to be ready. Look, ma! I'm on TV! In the background, at least. NED EHRBAR/METRO HOLLYWOOD



Metro's Ned Ehrbar, centre, on the set of *Top Chef*. HANDOUT

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5 HOT THINGS TO DO IN BARBADOS

This past Monday marked the start of one big, yearlong party in Barbados to celebrate 50 years of independence from Britain — your presence may just be required. Why not start planning your trip now?

DOUG WALLACE METRO



Frying it up at Oistins Bay Gardens. **DOUG WALLACE**

1 Eat local

The street food trucks and rum-shop takeout counters are crowded with locals and tourists for good reason: They harbour some of the most delicious home cooking you will ever taste. The Oistins fish fry is a Friday-night highlight, with dozens of market stalls sizzling with goodness. And the lineups at Cuz's Fish Stand in the Garrison in Bridgetown are so healthy on weekdays, he takes the weekend off.



Mount Gay is the world's oldest rum brand. **DOUG WALLACE**

2 Try the rum

Barbados is by all accounts the birthplace of rum. Mega-distiller Mount Gay dates back to 1703, when it was discovered that the molasses they had been discarding after processing the sugar cane fermented quite nicely. Traditional rum "shops," roadside one-room bars where people gather to watch cricket and play dominos, are scattered throughout Barbados. Don't be afraid to belly up for a rum punch or a Banks beer.



Roiling surf at Bathsheba Bay. **DOUG WALLACE**

4 Catch a wave

The easygoing east side of Barbados is where locals go to relax on the weekend — or surf. A day trip to the rugged Atlantic coastline of Bathsheba will reveal stunning views, plus a few hints of the island's colonial past, particularly if you venture into the Atlantis Hotel, which dates back to the 1880s. Make a pit stop on the patio before taking a hike along the old railway tracks to watch the surfers at the Soup Bowl, a world-famous reef break.



The beach at Saint Peter's Bay. **CONTRIBUTED**

3 Head to the beach

The west and south coasts offer one beach of finely ground coral sand after another — take your pick. Then take a catamaran cruise, go kayaking or paddle-boarding, or just sit on a lounger and enjoy the million different shades of blue.



Watch local and international polo matches. **DOUG WALLACE**

ONLINE
Go to
visitbarbados.org for more.

5 Cheer on the ponies

When the beach gets boring, head to the sports pitch. Cricket isn't the only game in town, either. The popularity of polo in Barbados reaches back to the island's colonial roots, the first match being played in 1884. The Polo Club regulates four playing fields, welcoming international teams in a season that runs from January through May. Prince Charles and Prince Harry have both played polo here many times.

Steer clear of party pitfalls

OFFICE ETIQUETTE

Have a good time without leaving a bad impression

Astrid Van Den Broek

So you know not to drink too much. You know this isn't the time to bust out your best Sweet Caroline on the company stage. You know that you and Chris from accounting shouldn't smooch it up in the corner.

But what etiquette tips are you missing? Here are a few lesser-known ideas on how to behave at this year's company Christmas party.

Tell them you're coming
"I hear from employers a lot that a certain generation of people do not know how to RSVP or choose not to," says Wendy E. Mencel, an etiquette consultant with the Canadian School of Protocol and Etiquette in London, Ont. "It's a huge issue with employees in their 20s."

Make a point of RSVP'ing to your invitation as soon as possible to help your bosses figure out how many canapés they need to order.

Do your homework
Find out what kind of party it is beforehand: a casual gathering at your boss's house? A formal affair at a local restaurant? A beer and wings night at the pub? The location will likely



Have fun at your holiday party, but don't document every minute of it. SHUTTERSTOCK

dictate what kind of attire you should plan to wear.

Check yourself

OK, you're watching how many glasses of Merlot you're tipping back...but are you keeping track of how many times you've gone back to the chocolate dessert fountain?

"Gorging on food at parties is another concern we hear from employers," says Mencel. "I know of one company who, after your first job interview, they invite you to a cocktail party to see how much you eat, drink and mingle...and then you get the second interview. And this applies to a holiday party. If you spend all your time eating and not mingling, your boss will see it."

Save the shock and awe
In a polyamorous relationship? Got a wife who's 30 years older than you? This isn't the time

to share it with the rest of the company. "This can just bring up a whole bunch of questions that aren't appropriate for that day. Parties aren't a good time to share with people something about your personal life that they wouldn't have known," says Mencel.

Use social media smarts

Before you post anything on social media, gain the consent of those you've photographed. "And don't ruin your career by taking pictures of your boss and putting it up," Mencel adds. Also don't tweet your way through the party.

Don't be a teacher's pet
Sure it's a good idea to put a face to your name and introduce yourself to the company president. "However it's not the time to talk business or ask for a raise," says Mencel.

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HOLIDAY MUSIC

Rock, croon or swing around the Christmas tree this year

Keith Carman

Bing Crosby
White Christmas
Decca

The pinnacle of seasonal albums, from its namesake track (reputedly the best-selling song of all time) through Silent Night and Silver Bells, this 1945 work from "The Old Groaner" is the undisputed Yuletide staple.

Earth, Wind & Fire
The Classic Christmas

While reissues generally happen a few years after an album has initially dropped, the popularity of Earth, Wind & Fire's 2014 seasonal offering Holiday was so welcomed, it is being released again this year under the The Classic Christmas Album moniker. Moreover, it's bolstered with an additional five cuts spanning E.W&F's storied legacy.

The Carpenters
Christmas Collection

Uniting both Carpenters legendary Christmas albums, Christmas Collection is as awe-inspiring as it is cheery. Thank Karen Carpenter.

ter's unforgettable renditions of Ave Maria, Have Yourself A Merry Little Christmas, and more.

Rockin' Rudolph
The Brian Setzer
Orchestra
Surfdog Records

Has it really been a decade since original Stray Cat/big beat guru Brian Setzer and his orchestra released a Christmas album? Surprisingly. Upping the ante with Rockin' Rudolph, the crew have a bit of fun with the likes of Yabba-Dabba Yuletide, Rockin' Around The Christmas Tree and 10 more swingin' songs for the season.

The Misfits
Horror Xmas EP

Punk rock icons more associated with Halloween than Christmas, even The Misfits jumped in to the game with limited edition EP Horror Xmas circa 2013. Uniting a cover of Dr. Seuss' You're A Mean One, Mr. Grinch with an original work and speedy take on Elvis gem Blue Christmas, this is a fun — albeit rare — seasonal treat.

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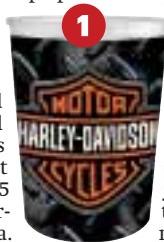
Some Exceptions Apply. See in store for details.

Special gifts for the special people

TEACHERS/COACHES
Thanking those who help shape the lives of your kids
Ylva Van Buuren

Someone once said that a good coach sees in you what you can't see in yourself. If that's how your son or daughter feels about any of their coaches or teachers, suggest you wrap up a gift for them this holiday season. These ideas all get an A+.

For lunch: Plaid thermal carafe will keep your teacher's lunch warm — and it looks good too. \$49.95 from Crate and Barrel, crateandbarrel.ca. Or, choose the 473 ml/16 oz. insulated Klean Kanteen with double-wall interior, wide mouth, and leak-proof cap. \$32.99 at Sporting life, sportinglife.ca.



Just for fun: Festive milk bottles all lined up in a row will help anyone get into the holiday spirit. \$3 each at Michaels, michaels.com.

Wise to you: Everyone loves to decorate for the holidays. This large resin owl will look perfect on the teacher's desk — or just as good on her mantle at home. \$34.99 at Canadian Tire, canadiantire.ca.

Under-the-desk decor: Whether your teacher drives a motorcycle or teaches shop, this Harley Davidson Waste Basket will make a fun holiday gift. It will spark conversation too. \$19.99 at Canadian Tire, canadiantire.ca.

Holidays: Chalkboard decorations are a perfect gift for a teacher... they will shine in the classroom or at home as holiday decor. The decorations are reusable and easy to clean — just rinse. From \$3.99 to \$8.99 at Michaels, michaels.com.



Wet your whistle: The S'well Santorini 17 oz. water bottle travels well and looks good at the gym or on the outdoor track. It's available in several colours. \$40 at Indigo, chapters.indigo.ca.

Best teacher: Here's to the Best Teacher Ever, even if it is just coffee. \$12 at Indigo, chapters.indigo.ca.

Watch me: Pool your money with the rest of the class and outfit your favourite coach with a Fitbit Charge HR Wireless Activity Wristband. It does everything from tracking steps and heart rate to monitoring calories and workout intensity. Syncs to



more than 100 leading smartphones. \$179.95 at Amazon.ca.

Quiet class: For the teacher who has everything, choose this vintage inspired desk bell. It's a great way to get everyone's attention. \$5.99 at Winners, winners.ca.

Recess: Everyone needs to chill out... wrap up an Adult Colouring Book for your teacher. \$9.99 at HomeSense, homesense.ca.

Warm wishes: For cold outdoor practices, your favourite coaches will appreciate the Pom Beanie (\$29.95

at Gap, gapcanada.ca, or cosy ear muffs (\$62, Banana Republic, bananarepublic.ca).

Dr. Cool Wrap: Coaches will love the Coolcore Dr.



chalk bag for your outdoor ed instructor. Waist belt included. \$27 at Mountain Equipment Co-op (MEC), mec.ca.



Go vegan: The Thug Kitchen recipe book is the hottest (most profanity-filled) vegan cookbook going. Share it with a teacher who will understand — and enjoy and make use of it. \$31.95 at Indigo, chapters.indigo.ca.

① Harley Davidson Waste Basket (\$19.99, Canadian Tire)

② Pom Beanie (\$29.95, Gap)

③ Organic chalk bag, with waist belt (\$27, MEC)

④ Vintage-inspired desk bell (\$5.99, Winners)

⑤ Thug Kitchen vegan cookbook (\$31.95, Indigo stores)

⑥ Festive milk bottles (\$3/each, Michaels)



#finditdowntown this holiday shopping season (and maybe find a little something for yourself, too!)

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Find meaning with gift giving

FOR THE HOLIDAYS
**Top tips:
Listen up, be
unique and
find a theme**
Astrid Van Den Broek

You finally did it. You've trimmed down your gift-giving list so you're giving out fewer chocolate truffle filled coffee mugs to people you barely know and thus can spend more on those nearest and dear to you.

So what to get when you've got a little bit of cash? How can you pick truly memorable gifts? We asked gift bloggers for their thoughts on selecting the perfect gift.

BE A LISTENER

"Listen closely to the people in your life," says Lindsay Roberts Schey, founder of the blog TheGiftInsider.com. "Many people unintentionally mention things they really

want or need or some may drop subtle hints at what they are really hoping for."

If you're not good at listening in, rely on how well you know them and give some thoughts to their interests and hobbies. "There are hundreds of gifts out there associated with even the most obscure hobbies and tastes," says Roberts Schey. "If you find a few smaller items, put them together in a themed gift set because everyone likes to get lots of presents."

Really stumped? "Another gift idea gold mine is a person's Pinterest or personal Facebook page," suggests Marie Anakee Miczak, the blogger behind gavethat.com.

GO FOR SOMETHING DIFFERENT

"Try to give experience-based gifts, such as a subscription box service, passes to the movies or a gift card to a local coffee shop," suggests Miczak. After all, don't we all have enough coffee mugs? Make it harmonize by packaging movie gift

certificates with a bag of liquorice or some packages of microwave popcorn to hit the theme home, or pair a lovely bath towel set with a bag of scented Epsom salts.

THINK UNIQUE...

...and something that you would like to get.

"The best gifts are the ones that people absolutely love but just wouldn't buy for themselves or would buy for themselves but you found it first," says Lisa Pozin, owner of Giving Gifts in Vancouver.

OR THEMED...

Like books, calendars or sports items. "Start the habit of having 'signature gift' for each type of person on your list," says Roberts Schey. "It saves you time and you end up having your own 'style' of gift-giving each season."

Also think about grouping items together to complete a theme if you can't find a substantial enough gift to give to someone on your list. Package them in a practical vessel like a chic ice bucket or square vase to complete the look, adds Roberts Schey.



How do you pick your gifts to elicit a response like this? iSTOCK



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TECHNOLOGY

Smartphones offer a little of everything for everyone

Mike Yawney

It should come as no surprise Smartphones continue to be a top holiday gift. With powerful processors, incredible cameras, and hundreds of thousands of apps, they are the gift that keeps on giving.



Here are some of the best smartphones of the holiday season.

iPhone 6s Plus \$1,029 and up

Apple's latest smartphone is unlike any other. With 3D Touch, users can interact with the device in new ways by simply varying the amount

pressure applied to the screen. The 12-megapixel camera snaps amazing pictures in a variety of lighting conditions, and users can watch their images come to life with Live Photos, which add movement into every shot you snap. This is also the first iPhone to shoot 4k video (four times the resolution of HD) with incredible image stabilization.

Nexus 6P

\$699

This flagship Android smartphone features Marshmallow, the latest version of Google's operating system. The beautiful 5.7-inch display is housed

in a contoured aluminum body with front facing stereo speakers for top-notch audio. A fingerprint sensor keeps the device secure from prying eyes, while the 12-megapixel camera excels at shooting in environments with less than ideal lighting conditions.

BlackBerry Priv

\$899

The very first BlackBerry to run Google's Android operating system.

This unique smartphone focuses on privacy and productivity. An over-sized screen increases productivity, while the sliding physical keyboard makes it easy to type. Since Priv runs Android, BlackBerry users will finally have access to hundreds of thousands of apps, something that has been lacking on BlackBerry devices.

Lumia 950

\$749

This first new Windows phone in nearly two years, the Lumia 950 features some high end specs and runs Windows 10 for ultimate productivity. A 20-megapixel camera blurs the lines between point and shoot cameras and smartphones, plus you can also connect your Lumia 950 to the Microsoft Display Dock and use it with an external monitor, keyboard and mouse just like a full-fledged PC.



Samsung Galaxy S6 Edge+

\$949

A smartphone with a truly unique design. The stun-

ning 5.7-inch display wraps around the edges for a one-of-a-kind viewing experience. Not only do games and apps look great, the outer edges provide shortcuts to apps and notifications, even when the phone is facedown.

One of the most useful features however has to be the ability to fully charge the phone in 120 minutes.

Motorola Moto G

\$230

A budget-friendly smartphone with plenty of features. The quad-core processor means blazing fast speed while using apps, or playing games, and you won't have to search for a plug-in as the battery is designed to last an entire day. The phone is also water resistant in up to three feet of water for up to 30 minutes, giving you peace of mind. You can also customize the colour of your phone with a number of unique shells designed by Motorola.

HTC One A9

\$649

This Android smartphone features an edge-to-edge 5-inch high-definition screen, which displays 40 per cent more colour than normal LCD screens. Games and apps not only look good, they sound amazing.



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4 Lumia 950, \$749

5 Samsung Galaxy S6 Edge+, \$949

6 Motorola Moto G, \$230

7 HTC One A9, \$649

All prices are based on the purchase of a phone without a contract.

ACE BURPEE

MANITOBA'S 100 MOST FASCINATING PEOPLE

Hello, Manitoba. Welcome to this year's list. It's easy to come up with 100 names for it, because I meet many interesting and cool people. The hard part is paring it down. I hope you enjoy this year's list. All the best. - Ace



Brian Barkley

It was the end of an era when Brian Barkley retired earlier this year. He spent 39 years at 680 CJOB, many of them as a traffic reporter.

"In the broadcasting business he is legendary," said his long-time coworker Larry Updike. "He was the go-to guy for Winnipeggers looking for traffic information for a quarter-century."

Barkley started at CJOB in 1976 as an afternoon host and ended up going out in the first traffic cruiser. He had a knack for it, too. "He was a great reporter, but his sense of humour, infectious laugh and easy banter made him a beloved character," said Updike.

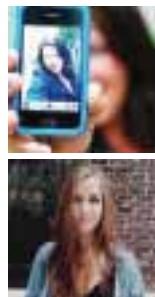
Barkley's name was synonymous with traffic, but according to his daughter Beth, he wasn't good at everything.

"He was good on the radio but not so good as a handy man," she said with a laugh.

"Any time we tried to build something it was left with him going 'I don't understand' and it wouldn't get built, so my mom and I would have to build or fix whatever."

Currently Barkley is on a road trip, but when he gets home, Peggers can expect to see him at a local concert.

"He has a record collection of 30,000 songs and is a tireless promoter of independent local artists," said Updike.



100 & 99) Kirsten Neil and Breanne

Swards: Both do digital marketing and social media for Travel Manitoba and both had an exceptional year. They created huge viral hits: a March Madness Manitoba Roadside Attraction bracket, a Manitoba-themed Halloween costume guide, and more. They were timely in their execution and created content and buzz that had previously not been associated with Travel Manitoba. They hit it out of the park.



98) William Prince:

I was hosting a press conference for the Indigenous Music Awards early this year, and before I was to announce all the nominees, I'm told to introduce an artist named William Prince who is going to do a quick song for us. Well, about 30 seconds into his song it's ridiculously clear his is one of the greatest voices I had never heard until that day. He's from Peguis First Nation and you will be doing yourself a massive favour by adding his music to your life. I absolutely guarantee it.



97: Brian Barkley:

The first thing I ever did in the media business was a ride-along with Brian Barkley in his traffic cruiser back when I was in college. The voice of traffic for 25 years in Winnipeg retired this year, and exits the business as easily one of the kindest, most humble, and gracious people ever. Just like he was that first morning I met him.



96 & 95: Det.-Sgt Scott

Taylor and Judge: For more than a decade, Taylor and Judge policed the streets of Winnipeg, becoming the most successful K9 team in our history. Judge passed away early this year, after enjoying a brief retirement at age 11.



93 & 92: Karen Lizon & Jessica

Boittiau: Inspired by their late father Gary's commitment to the community while the sisters were growing up in the North End, they started The Gary Effect in his honour. It's been spectacular to watch "The Effect" grow over the past few years. Handing out gifts and essentials to those in need during the holiday season, Karen and Jessica have seen their gifts grow from 800 in 2011 to well over 2,000 last year. This year will be even bigger. Their father would be proud.

Students First

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91: Yalembrhan Beyene: Was both a nominee for a YM-YWCA Women of Distinction Award and a recipient of the Lieutenant Governor's Make a Difference Community Award via Volunteer Manitoba. Yalembrhan has worked tirelessly as the co-founder of the Ethio-Canadian Dancers Group - fostering connections for children, youth and families between Ethiopian and Canadian multicultural societies.

Tasha Spillett

Tasha Spillett knows who she is and she's proud of it. The young educator infuses her cultural knowledge into her teaching and supports and strengthens the identities of indigenous students.

She's of Cree and Trinidadian descent and sees the beauty in all cultures.

"Tasha is very generous. Her spirit is very generous. Her spirit is very loving, very kind and very connected," said her mom, Leslie Spillett. "She is who she is. She doesn't claim something that she's not."

Tasha studied land-based education through the University of Saskatchewan. She teaches introduction to native studies part-time at the University of Manitoba and half-time at the University of Winnipeg collegiate.



Her mom said land is what inspires her to be an educator. "I think she thought, 'Where's my space where I can connect that old history, deep history in a contemporary way that makes sense for this generation,'" said Leslie.

Although Tasha is on the list, her mom said Tasha strongly believes that everyone has value and contributes to a whole. "We are called on only for one purpose and that's to be good relatives to each other and the broader community," said Leslie. "Within that concept of being good relatives, we bring everyone along."

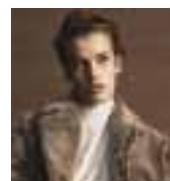


90: Corey Gallagher: Finishing in just over five minutes, this beauty won the first ever Beer Mile World Championships. Four laps of the track, complete a beer before every lap. That's how it works. Look at that time again. Five minutes. Most of us would be happy with a five-minute mile, period. You can think it's ridiculous, but you can't say it's not impressive.

89: Wilma Derksen: Of course I've long known who Wilma Derksen was, but I didn't really know her until this year. I finally had the pleasure of meeting her and she is just an incredible woman. An advocate and supporter of victims of serious crime since the murder of her daughter Candace in 1984, Wilma was given the Order of Manitoba this year. I also finally read her book, *Have You Seen Candace?*, (she also has several other published books). She's a gifted and honest writer, and with the help of an exceptional committee, will preserve the memory of her daughter further with the establishment of Candace House - a non-profit providing safe and comforting refuge for families affected by serious crime.



88: Mary Woloshyn: We lost Mary this year, but her music will live on. Upon teaching herself to play the guitar at a young age, she and her husband Bill would go on to become the founding members of the Interlake Polka Kings; one of the most popular Ukrainian Musical groups in Canada during the 1960s and 1970s. Performing for decades, Mary has received Ukrainian Music Association Golden Achievement award for Rhythm Guitar and Vocals; a Golden Achievement award (2005) and a Lifetime Achievement award (50 years) for her contribution to Ukrainian music. Mary was a loved musician, wife, mother, Baba and mentor to her eight grandchildren and seven great-grandchildren.



87: Brodie Scott: The Winnipeg-born, Charleswood-raised model, 20, had a huge year. He walked for Versace, Tom Ford and Roberto Cavalli. He was the face of the spring/summer Hugo Boss campaign, and has recently landed gigs with Calvin Klein and H & M.

86 - 78: Todd Martin, Andrew Littleford, Simon Christie, Joel Green, Graham Dion, Kyle Wedlake, Aaron Chodirker, Steve Oberheu and Cody Iwasik: They're loud,

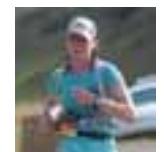
they're fun, they're super tight - they are the Dirty Catfish Brass Band, and they're awesome. They dropped an album this year (*Brass Riot*) and it's super good, but live is where they will win you over.



77 - 75: Johanna Hurme, Sasa Radulovic, and Colin Neufeld: Together they are partners in 5468796 Architecture. They've been called "Canada's most exciting new architectural firm in a decade." Or how about "One of the most talented young design firms worldwide." They've received countless awards over the past few years, from the Governor General's Award for Architecture (twice), four Canadian Architect Awards of Excellence and dozens more. They are also behind Table for 12, a travel and research project which was selected by the Canada Council for the Arts as the recipient of the Professional Prix de Rome in Architecture. They brought our city Table for 1200 (1) and Chair Your Idea. They make this a cooler city, no doubt.



74: Tasha Spillet: This. Woman. Is. Amazing. Let me list SOME of what she's up to... Tasha, of Cree/Trinidadian descent, is a high school teacher (infusing her cultural knowledge into her teaching philosophy and practice to support the positive cultural identities of indigenous students and to strengthen relationships between all communities), a ceremony woman and pow wow singer, she's nearing her PhD in Indigenous Land Based Education, crowned Miss Congeniality at the Gathering of Nations Miss Indian World Pageant, and strives to "Work for my people and be a good ancestor for those yet to come." And she's only 25.



73: Sue Lucas: When you're beside her, it's hard to tell that you're looking at one of the toughest women in the country. But you are. This past January, Sue, from Dauphin, became the first woman to complete the Tusobia Winter Ultra. The race, in temperatures well below freezing... is 241 kilometres in length. 150 miles. Not only was she the first woman to ever complete the race, but she finished in well under 55 hours which was second overall. She. Is. Tough.



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72: Atticus McIlraith: I first met Atticus a couple of years ago as I was presenting him with a Young Humanitarian Award, and I immediately knew he was a star. At 12 years old, he's already contributed a lifetime of philanthropy. You can't help but feed off his appetite to help others. A 2015 Premier's Volunteer Service Award recipient, Atticus, among other social justice and charity projects, has taken it upon himself to feed Winnipeg's infants. His contributions and hustle have already resulted in tens of thousands of dollars in formula for Winnipeg Harvest.

71: Joanne Scheiwe: When I met her, and same goes for everyone who has had the pleasure, you knew you were in the presence of one of the toughest women alive. I used to race against, and lose to her, all the time.

Not soon after completing an Ironman triathlon this year, Joanne was diagnosed with a brain tumor. Surgery, chemo, radiation... nothing took her spirit. All it did was strengthen her resolve. She ran in the Winnipeg Police Service run months after surgery. She's been an avid fundraiser since her diagnosis. I'm telling you, one of the toughest people alive.



70: Famos: His mother used to cut his hair. Then he took over his brothers' haircuts. Now he's changed the cutting game. He's blown up across the country. He's cut Bruno Mars hair, has more than 70,000 Instagram followers, teaches up-and-coming barbers the craft, and he's back holding it down in Winnipeg with a chair at Blacklist.



69: Sgt. David Grenon: Remember when the Blue Jays were the biggest thing in the country? Well when they returned to Toronto for Game 3 of the ALCS vs. Kansas City, the Blue Jays asked the Royal Canadian Air Force to recommend someone to perform the national anthems. Sgt. Grenon from our very own 17 Wing was the man chosen. I was lucky enough to be at Game 3, and he crushed it. Fifty-thousand plus in the building, no accompaniment, it was awesome. And technically the Jays are undefeated when he performs the anthem.

68 & 67: Maddy and Emma Mitchell: Maddy turned in the greatest athletic performance of the year at the Western Canada Games. Competing in canoeing, she brought home 12 gold medals. TWELVE. It's the single greatest performance by a Manitoban in the history of the Games. Even cooler, four of them came with her twin sister Emma in the boat, who also brought home a pair of silvers in kayaking. Boom!



66: Dr. Samar Safi-Harb: Making her way first out of Lebanon during the civil war to a post at the Goddard Space Flight Centre in Maryland via a NASA grant, Samar eventually brought her talents to Winnipeg. She has established a graduate research program in astrophysics at the University of Manitoba. Her efforts have made our province home to world-class research, and we are now graduating our first generation of home-grown astrophysicists. Dr. Safi-Harb is also a recipient of a 2015 YM-YWCA Women of Distinction award. Well deserved.

Atticus McIlraith

Atticus McIlraith, 12, has accomplished a lot as a young activist. It all started when he was six and there was a catastrophic earthquake in Haiti.

"He woke us up for three nights in a row and said 'Mom, we need to do something. We need to do something,'" said Sharon McIlraith, his mother.

Atticus spoke to the congregation at his church, held a yard sale and sold toys, candy and lemonade to raise \$1,000.

At 10 he started collecting baby formula for Winnipeg Harvest and last year he raised \$10,000 worth of formula during the Hunger for Hope campaign. He and his mom are running the Atticus McIlraith Baby



Formula Drive his year and now hope to raise \$15,000.

"He understands the true meaning of social justice and that people have a right to food," said Sharon. "He doesn't feel pity for people or even empathetic as a child with Asperger's syndrome but he just knows what's right and what's wrong."

"I have yet to meet somebody his age that has made as much as a difference," said Troy Scott, Atticus's principal at Acadia Junior High. He's currently working with the Hope Club at his school to develop a plan to roll out his baby formula drive this month.



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ACE BURPEE

MANITOBA'S MOST FASCINATING 100 PEOPLE



65 - 62: Myron Dean, Riley Hastings, Johannes Lodewyks and Joel Armstrong: They are The Noble Thiefs (Yes it is meant to be spelled that way). Rock 'n Roll has been declared dead

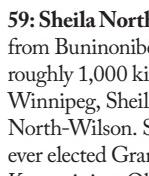
thousands of times, but Winnipeg's The Noble Thiefs have apparently never been informed of said death. A tremendous live band, they've just dropped their latest album, "It's Tough to be the Bad Guy", and it's easily one of the best releases of the year. Let the single "How Can You Think Of Love (At A Time Like This)?" be your introduction, then buy the album.



61: Ed Johner: After being diagnosed and successfully treated for prostate cancer almost a decade ago, Ed and some buddies were sitting around discussing life when Ed brought up putting together a Manitoba Motorcycle Ride for Dad. The first one, in 2009, was an enormous success and if it had ended there, Ed would already have done his part. Instead of a one-off, the MB Motorcycle Ride for Dad has grown with thousands now gathering to ride, and more than \$1 million raised. All funds stay in our province for research and awareness initiatives. Ed is an incredible spokesperson for those fighting cancer. He's positive, honest, and real.



60: Robb Nash: Since staring down death after a brutal head-on car crash, Robb has become a tireless advocate, confidant, and champion for youth with mental health issues, addiction battles, and everything else that comes with navigating life as teen. The Robb Nash Project brings hope to tens of thousands of youth at school, on reservations, and online.



59: Sheila North-Wilson: Originally from Buninobee Cree Nation, roughly 1,000 kilometres north of Winnipeg, Sheila is now Grand Chief North-Wilson. She is the first woman ever elected Grand Chief of Manitoba Keewatinowi Okimakanak (MKO).

63

MANITOBA'S MOST FASCINATING 100 PEOPLE

58: Patrick O'Reilly: As the Executive Coach for Padraig Coaching and Consultants, he is an excellent mentor to many in the business community. He also serves as VP of the Board of Directors at Rainbow Resource Centre, the LGBT Chamber of Commerce, and is a champion and advocate for many.



57: Vincent: Sometimes people fly under the radar in their own hometown. Vincent is way under the radar here, but he's blowing up. A music producer, he's racked up millions and millions of plays on Soundcloud, including more than two million alone of a Drake/Meek Mill remix. He's making things happen for himself. I love it.



56 & 55: Amanda Buhse and Tom Jansen: So... you start making candles in little ol' Winnipeg. Fine. You call your company Coal & Canary Candle

Company. Nice. Then all of a sudden... it blows up and your product is in the official Grammy award bags, in the homes of countless celebrities, featured in or on countless lifestyle blogs and magazines... and now you're hiring full time employees and you've got an awesome Winnipeg small business success story.



54 & 53: Brian and Cynthia Boyd: Great people, a wonderful couple, proud members of our Winnipeg Police Service, and represented us very, very well on the latest season of Amazing Race Canada.



52: Jean Pelletier: A force for good and passion in Winnipeg's North End. North End Votes, Lighting Up The Avenue, Aboriginal Vision for the North End, North End Community Helpers... her influence runs deep. She's the real deal.



51: Shania Pruden: One of the brightest young voices in youth advocacy in the province, Shania writes on mental health, domestic violence, and homelessness. Her writing has cut through the noise that is our daily online life. She graced the stage this year at WeDay and did beautifully.

50: Lisa Malbranck: Professionally, a gemologist and designer at Diamond Gallery, but she does MUCH more. A consistent and engaged supporter of countless Winnipeg charities, she is an excellent champion and voice for small business owners in this town.



49: Sydney Deneka: Sydney started a wonderful business making treats and personalized blankets for pets. She made my dog Bally one and it's her favourite. Syndey is also adorable and won the Just Watch Me! video contest for entrepreneurs with disabilities. And she's from Beausejour, which is easily in my all-time top three favourite towns in Manitoba.



48: Chelsea Hertzog: Such a beautiful soul, I first heard Chelsea speak a few years ago. She was open and honest and real about being bullied, what it did to her, and how it didn't break her. She's real. Countless talks later, she was honoured as Manitoba Hero this year and continues to promote peace, love, acceptance, and equality on the Winnipeg-based "Hateless" tour.



47 - 44: BOLD founders Eric, Yvan, Stefan, and Jay: This isn't totally fair as I'm leaving some crucial team members out, but these guys deserve some press. In two short years they've grown their original Shopify app ideas into a business employing more than 40 designers, developers, and project managers. I love these sorts of stories. Vision, good ideas, and hustle. Respect.



43: Phil Poetker: I love inventors. Always dreaming. Always trying. Phil is an inventor, from here, and he has a hit on his hands. He invented the Nutrigrill, and it's blowing up. Donatella Arpaia, who has enormous influence in the US, endorses his product and appears in his infomercial. He did it. It's going to pop. Atta boy.

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42 - 40: Madi, Saeed & Rami Aboumrad: The Aboumrad family opened Baraka Pita on North Main a decade ago to very little fanfare. While the most popular choice at Baraka is the chicken shawarma, EVERYTHING they make is incredible. I happened to go there the first week they were open, as I was on my way to Selkirk and noticed a sign I had never seen before. They were so welcoming you couldn't help but want them to make it. Thankfully, countless others thought the same. People don't just LIKE Baraka Pita. They LOVE Baraka Pita.



39: Wayne Shymko: First punching his ticket to the World Chili Championships by winning a qualifying event at the Kleefeld Honey Festival, Wayne marched down to Florida and won the entire thing. Up against chefs from five-star hotels and contestants from Chopped, Shymko rolled the dice in the finals and made a "Margarita Chili". A margarita glass with coleslaw on the bottom, chili in the middle, and some salsa and shrimp around the outside. Crown him.



38: Ashley Wilwand: Competing in the sport of rhythmic gymnastics for almost a decade, Ashley is now in her prime. This past July, she returned to Winnipeg with five medals, all earned against the best on the planet at the 2015 Special Olympics World Summer Games in Los Angeles.



37: Austin Coombes: Unrelenting in his support of Resource Assistance for Youth and Cystic Fibrosis Canada in both a fundraising and awareness capacity, Austin has that rare ability to rally others to a cause. He uses his platform and influence for good. Love his hustle.



36: Kal Barteski: You've likely seen Kal's script, along with her inspiring messages, pop up in your feed somewhere online. She's got a unique gift, along with a deep love and appreciation for polar bears and wildlife conservation. She's



contributed her talents to countless charities both locally and internationally, has captured the attention of Animal Planet/Discovery, is a TedEX speaker, a Women Entrepreneur of the Year award winner, and just an excellent person.



35 & 34: Regan Hirose and Harold Rancano: I was hosting the Folkorama kick-off at The Forks in August and Harold and Regan danced some salsa for us. They were incredible. Like, really incredible. I assumed they had been flown in to Winnipeg specifically for the one week Cuban pavilion run. Nope. They're Winnipeggers, and they are ranked in the top ten in the world in both salsa and bachata cabaret dance. They are also the directors of the Cubanísimo Dance Company.

33 & 32: Nazdar and Zainab Hilo: The sisters grew up in Iraq but were forced from the country through Syria, eventually landing in Winnipeg as refugees five years ago. As children, they used to play soccer in secret, as girls were not allowed to play in Iraq. Nazdar and Zainab are both still playing soccer, and after their story caught the attention of the host committee, they were chosen as official flag bearers for the FIFA Women's World Cup.



31: Baxter Humby: One of the biggest top 40 hits of the year was that song you first heard in the Jeep commercial. It's "Renegades" by X Ambassadors. One morning while the song was playing on the radio, somebody sent me a text to tell me the fighter with

one hand in the video for the song is from Winnipeg. So I look into this Baxter Humby dude, and he is the definition of fascinating. He should be on this list years ago. He's captured multiple world titles in Muay Thai, and kickboxing... with one hand. His right arm was amputated just below the elbow at birth after becoming tangled with the umbilical cord. Oh, and he was Tobey Maguire's stunt double in Spider-Man 3. The dude is awesome. Forget being a stunt double, they should make a movie about him.

30: Getty Stewart: She's so cool. She's a professional home economist, food speaker and writer, an engine for Fruit Share Manitoba, an advocate against food waste, and does it all in an accessible way that people can easily learn from. She knows and lives what she speaks.



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29: John Donovan: I've always had a fascination with Thompson, Manitoba. There are some really great people who call it home. Mr. Donovan is one of them. An amazing asset to Thompson, he spent 26 years as a councillor at RD Parker Collegiate and created some legacy programs such as Students Offering Support, the Adolescence Health Centre and off-campus classrooms. He then changed paths and dedicated himself to improving addiction services in the North. He oversaw construction of a new treatment facility and established Withdrawal Management services, he served on the Thompson Homeless Shelter board, supported Mino-Ska-Nah-Wey-Tahk... and this year received The Order of Thompson.



28: Betty Calderon-Villasenor: The BMC Market & Taqueria on South Osborne is that place that we all like to think is our secret little gem that isn't really a secret anymore. Real tacos. Betty, from Morelia, Mexico, owns the place and does all the cooking with husband Rigoberto. The taco recipes are all her Grandma's. They're legit, both the people and the product.



27 - 25: Dennis Drewnik, Dr. Mark Belmonte, Ian Girard: Dennis is one of the brightest young scientific minds in the country. A student at Sisler, he's developed potentially game-changing breakthroughs in identifying plant defense response genes that could a major boon to Canada's canola industry. He won awards this year at the Canada Wide Science Fair, and represented Manitoba at Sanofi Biogenius Canada, a prestigious national science research competition. None of this comes without proper guidance and mentoring, which Dennis has received from Dr. Mark Belmonte and Ian Girard. These are smart people.



24: Abigail Pniowsky: There's a movie coming out next year called Story of Your Life, and it stars Jeremy Renner, Forest Whitaker, Michael Stuhlbarg, and Amy Adams. Nine year-old Abigail will play the daughter of the Academy Award nominated and Golden Globe winning Adams, who is the lead in the film.

23: Elsaida Alerta: She first discovered a love for karaoke on a family trip to the Phillipines when she was 16. This year, after successfully qualifying at the Pony Corral, she flew from Winnipeg to Singapore and came back the World Karaoke Champion.



22 - 20: Jess Rae Ayre, Amber Quesnel and Michelle Anderson: They are Sweet Alibi, and they make tremendous music. They've already received a Western Canadian Music Award for Roots Group of the Year, and have just dropped their new album, Walking in the Dark. Check out the first single, "Keep Showing You", then buy the entire thing.



19: Emily Christie: Falcon Trails Resort and Falcon Ridge Ski Slopes do some really cool things year round out at Falcon Lake. Emily does all the marketing and promotions, and has created a really cool culture around a really cool place. She's also a photographer, capturing the beauty of the Whiteshell as well as anyone.



18: Judy Richichi: Judy spent much of her life growing up on the streets under the child welfare system. Judy knows that homeless does not mean hopeless. She's grown to become one of the most dedicated people in our community working for Winnipeg's most marginalized in her role as Director of Major Gifts and Corporate Relations at Siloam Mission. She's kind, caring, and compassionate. She's a Queen Elizabeth Diamond Jubilee recipient. She's a great friend to those who need one the most.



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17: Steve Van Vlaenderen: Parkinson's almost ruined him, and not just from symptoms you could see. Yes, Steve shakes, but that was the least of his worries. Parkinson's took dead aim at Steve's mental state. It took him to a dark place. The lowest he had ever been. After reaching bottom though, Steve clawed his way back. He hit the gym. Hard. And at 66 years of age, he stepped on stage at the Manitoba Amateur Bodybuilding Championships. He was way outside his comfort zone, but he owned it, and owned the room. He's an amazing man, a beautiful soul, and I admire him greatly.



16: Yussuf Abduselam: The 21-year-old U of M student smashed a twenty-something year-old record in the half marathon at this year's Manitoba Marathon, shaving almost two minutes off the mark. The feat was even more impressive as Abduselam was fasting at the time for Ramadan. Unreal.



15: KC Adams: One of Winnipeg's most talented visual artists, KC's most recent public installation was "Perception". You likely saw her work. It was a portrait series examining barefaced (and baseless) stereotypes directed at Canada's Indigenous Peoples. It was perfect.



14: Dr. Geoff Cuvelier: A graduate of the Faculty of Medicine, University of Manitoba, Dr. Cuvelier has returned to us after some incredible work in BC and Alberta to assume the role as a Pediatric Oncologist at Cancer Care Manitoba. He is currently lead investigator in a major clinical trial of megestrol acetate as an appetite stimulant in malnourished children with cancer. He is co-author of a recent study published in Blood, defining an interesting new biomarker for chronic graft versus host disease, a problem difficult to manage in pediatric BMT patients. It's a gift to have him working on behalf of Manitobans fighting cancer.



13: David Bernhardt: This dude is an innovator. He's one of the driving forces behind AssentWorks, which might be one of the coolest places in Winnipeg. AssentWorks is a non-profit that gives local inventors, artists, and entrepreneurs access to fabrication and prototyping equipment. David's inventions are many. All those commercials for "The Heft" starring former Dragon's Den star David Chilton? That's his. He has a new one coming soon that's about to blow up as well. Stay tuned. This guy is making things happen.



12: Daniel Perron: The man who brought "Dancing" Gabe Langlois' story to print. He did a tremendous job writing the real story in Dancing Gabe: One Step At A Time. Gabe has lived a truly fascinating life, and Daniel captured it perfectly. There is so much more to appreciate now about Gabe. Just an excellent read.



11: Cynthia Chudyk-Collins: She started playing shuffleboard at the Winnipegoside Motor Inn on Friday nights when she was 17. Now, some 40 years later, Cynthia is one of the most dominant shuffleboard players in Canadian history. At the most recent Canadian Shuffleboard Championships, she won gold in the women's singles, doubles, and mixed doubles. All told she has five national championships and 28 provincial titles. I love it.

10: Loizza Aquino: Last summer, while already becoming an advocate and voice for youth mental health issues and the stigma surrounding it, Loizza lost her best friend to suicide. She's been relentless since, organizing the first ever Youth Against Mental Illness Stigma forum, which brought together students, parents, mental health professionals, and politicians to speak openly on the issue. She's an incredible and tireless voice for those in need.



9: Myrtle deMeulles: Years ago I had purchased the most beautiful piece of art for my mother while up in Churchill. It was created by "tufting" caribou hair. It's amazing. This past summer, again up in

Churchill, I finally met the woman who made it, and she is just the most amazing person and a wonderful ambassador for our North. She is Myrtle deMeulles, and she's more than doing her part to keep indigenous art and culture alive and well in Churchill. You have to meet her. You will be smitten.

8 - 6: Mathieu Michaud, Brianne Michaud, and Roxanne Couture-Michaud: This is an amazing story of an amazing family. On a sunny, warm Sunday, Brianne and Mathieu Michaud were enjoying time at St. Malo Provincial Park beach. Mathieu saw that a young child was floating in an inner tube and getting too far from shore. This child was floating towards the outer safe buoy lines. Mathieu swam

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Maria Mitousis

Maria Mitousis is resilient.

In July the Winnipeg lawyer was injured and lost her right hand after a bomb exploded in her arms. In the fall she spoke to media and thanked the first responders and her law office for helping her.

"The courage and optimism that she has shown through everything that has happened shows such strength in character," said her colleague, Connie Petersen. "From the moment that I saw her after the accident in the hospital, she wasn't looking backwards, she was looking forward."

Speaking to media in October, Mitousis said her colleagues gave her courage because they acted calmly and bravely after the explosion.

Days after the attack happened, Mitousis was recovering in the hospital and Petersen told her the firm would be meeting out of the office. "She said, 'I wish I could be there and since I can't be there, I'll write a message that I want you to tell everyone.'

While they were meeting, Mitousis emailed Petersen. "It was very inspirational and very touching and she said to all of us how she was anxious to come back to work and we can't let this define our lives and we need to move forward."

In Petersen's words, Mitousis is positive, optimistic and has a sunny disposition.

"She was mindful that we have stressful jobs and that you need to take care of yourself and balance your life. Even before everything that happened, she was an inspiration."



out to help the child, a small boy, get back to shore. He soon discovered that the child had a brother who had been in the tube with him earlier, but now was not. Brianne looked around the water for the second child and discovered him floating face down and motionless in the water. She quickly approached him and immediately lifted his head out of the water, placing it onto her shoulder. Mathieu responded to aid his sister and the victim, attempting to get a response from the unconscious young boy. Mathieu took hold of him and carried the boy out of the water to shore, where their mother Roxanne Couture-Michaud took control and ultimately saved the child's life. Such a cool family. All were honoured this year by the Lifesaving Society Manitoba Branch.



5: Yahya Samatar: His journey to Canada is amazing, but it was the last six minutes of it that got all the headlines. Yahya fled Somalia a year ago, facing persecution from al-Qaeda and local authorities for his human rights work with child soldiers and youth groups. Smugglers took him to Ethiopia, Brazil, Central America, and eventually the United States. From there, he made his way north to our border. His only option was to swim to Canada up the Red River. He did, and kindness met him. Welcome.



4: Alyx Delaloye: One of the coolest moments at MTS Centre since the return of the Jets: Adorable Alyx holding up her "Chemo by day, Jets by night" sign. I was at the game, and the second time they showed her on the screen, people went off. The players stopped and stared at the screen and tapped their sticks. I saw men and women brought to tears. It was amazing. She's as sweet as can be, and is still fighting back with all she can with an indomitable spirit.

3. Janice Filmon: Already a named to the Order of Canada and the Order of Manitoba for her remarkable career as a social worker, philanthropist, and community activist, in June this year she was appointed the 25th Lieutenant Governor of Manitoba. Her Honour is an incredibly compassionate and caring person, a beautiful speaker, and without a doubt is an exceptional choice as Lieutenant Governor. She is the second woman to assume the role in our Province, the first being Pearl McGonigal, and is the 15th in Canadian history.



2. Rinelle Harper: One year ago, we all learned the name Rinelle Harper for all the wrong reasons. Here we are, almost exactly 365 days later, and Rinelle is on stage at We Day speaking of love, respect, and forgiveness to 17,000 kids. She's on the cover of Maclean's magazine and inside its pages speaking with Amanda Lindhout about being "a voice for the voiceless", which she plans to do with a book being released this spring. She's got amazing spirit and courage, and I wish her nothing but happiness and peace.



1. Maria Mitousis: The lawyer who was severely injured by a mail bomb at work. The same woman who spoke of what happened amazing grace, strength, and humility. Such an amazing woman. She made nothing about her, only spoke of optimism and gratitude. Truly fascinating.



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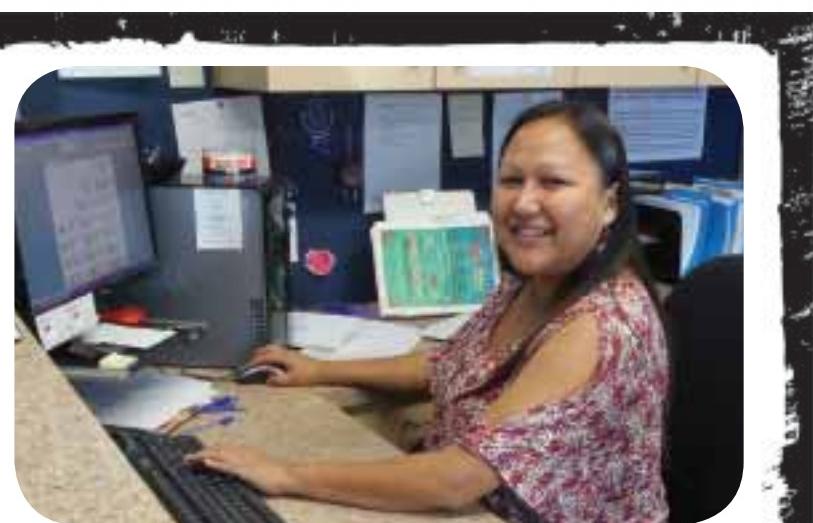
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metro SPORTS

Cavaliers guard Kyrie Irving, who broke his left kneecap during Game 2 of the NBA Finals last season, has been fully cleared to practise



Ross Atkins had a hand in drafting and developing the likes of Jason Kipnis and Danny Salazar in Cleveland.

MICHAEL CHIRITON/AKRON BEACON JOURNAL FILE

MLB

Jays hire new GM

Just in time for Major League Baseball's annual winter meetings, Blue Jays president Mark Shapiro has hired his new general manager, poaching Ross Atkins from the Cleveland Indians.

The 42-year-old North Carolina native becomes the seventh GM in Jays history, replacing Alex Anthopoulos, who opted to walk away at the end of this past season rather than work with less autonomy under a new boss.

But that should pose no problem for Atkins, Cleveland's vice-president of player personnel, who has spent his entire professional career with the Indians, most of it working under Shapiro.

Atkins was actually drafted by the organization in 1995 as a pitcher out of Wake Forest University. But after five middling seasons in Cleveland's minor-league system, he transitioned into player development. Under the supervision of Shapiro, who

was Cleveland's general manager from 2001 to 2010, Atkins climbed the organizational ranks to eventually become head of the farm system, which he ran from 2007 until last season, when he earned his promotion to vice-president.

Atkins, who also interviewed for the L.A. Angels and Philadelphia Phillies GM vacancies this year, is a first-time GM.

While the Indians lost more games than they won and made the playoffs just three times in the 15 years that

Shapiro was president or GM, the organization is highly regarded for its development of homegrown players, for which Atkins would have played a key role. The likes of Jason Kipnis, Danny Salazar and this year's runner-up for American League rookie of the year, Francisco Lindor, were all drafted and developed by the organization.

TORSTAR NEWS SERVICE

ON THE MOVE
The Blue Jays are in the market for a new backup catcher after free-agent Dioner Navarro reportedly signed a one-year deal with the White Sox on Thursday.

TRIAL

Athlete initially imprisoned on lesser charge of manslaughter

Oscar Pistorius was convicted of murder on Thursday by a South African appeals court that described the once-glimmering story of the double-amputee Olympian and Reeva Steenkamp, the girlfriend he killed in his home in 2013, as "a human tragedy of Shakespearean proportions."

The Supreme Court of Appeal overturned a lower court's conviction on the less serious charge of manslaughter, adding another twist to a case that riveted people around the world because of its gripping saga of a celebrity athlete's plunge from grace by his own hand.

"The accused ought to have been found guilty of murder on the basis that he had fired the fatal shots with criminal intent," Justice Lorimer Eric Leach said in the courtroom in Bloemfontein, as Steenkamp's mother, June, sat impassively. Pistorius was not there.

The murder conviction means Pistorius will almost certainly go back

to jail, where he spent one year of a five-year prison sentence before being put under house arrest at his uncle's mansion in Pretoria in October. The minimum sentence for murder in South Africa is 15 years, but exceptional circumstances in the case of the former track star, including time already served, his disability and status as a first-time offender, could mean he'll get a lower sentence.

Sentencing is up to the North Gauteng High Court, where Pistorius was tried. South African media said Judge Thokozile Masipa, who presided over

the original trial, will handle the matter. No sentencing date has been set.

The National Prosecuting Authority will wait for word from the trial court about possible sentencing dates, said

Luvuyo Mfaku, a spokesman for the authority.

The Pistorius family said in a statement: "The legal team will study the finding and we will be guided by them in terms of options going forward."

Pistorius, a multiple

This case involves a human tragedy of Shakespearean proportions.

Justice Lorimer Eric Leach

Paralympic champion, became the first amputee to run at the Olympics and the able-bodied world championships. He was known as "Blade Runner" for his carbon-fiber running blades.

"A young man overcomes huge physical disabilities to reach Olympian heights as an athlete," he said. "In doing so he becomes an international celebrity. He meets a young woman of great natural beauty and a successful model. Romance blossoms and then ironically, on Valentine's Day, all is destroyed when he takes her life."

Steenkamp, a model who appeared in a television reality show, had planned to give a speech touching on domestic abuse and family relationships at a school on the day she died.

Pistorius, 29, insisted he shot Steenkamp by mistake, thinking there was an intruder behind the door of a toilet cubicle in his home.

THE ASSOCIATED PRESS



Oscar Pistorius
GETTY IMAGES FILE

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History woven into all-star game jerseys

TORONTO 2016

NBA's biggest names will get to carry T.O. on their shoulders

This season's NBA all-stars will play in jerseys that both pay homage to Toronto's NBA history, and celebrate the game's first appearance in Canada.

The NBA and Adidas unveiled the jerseys on Wednesday, for all-star weekend Feb. 13-14 in Toronto.

Among the unique design elements, the font for the jersey's name and number is identical to that worn in 1946, when the Toronto Huskies hosted the New York Knickerbockers in the league's inaugural game.

"This is the first NBA all-star game to be played outside the United States, and it is a very exciting time for basketball



The Toronto cityscape features on all-star jerseys. ADIDAS

in Canada," said Chris Grancio, global basketball manager for Adidas.

"To honour this global celebration and pay tribute to Toronto — the site of the NBA's first game — we've incorporated design elements that are inspired by the city's basketball history, sports culture and unique fashion scene..."

The all-star game also celebrates the 125th anniversary of the invention of the game by James Naismith.

The jerseys have a subtle maple leaf created by dots on the front of the jersey, and the Toronto cityscape is represented in a colour contrast on the back.

The host Raptors have a presence in the dinosaur claw on the black-and-gold jersey tag.

The inside neck of the jerseys and the drawstring on the shorts is a mosaic of colours — a nod to the international growth of the game.

"In addition to the game be-

ing in Canada, it's also outside of the U.S., so the NBA is very cognizant of how basketball and the NBA has become a very global game," said David Cho, the NBA partnership director, for Adidas' basketball marketing.

"The league is very proud of that fact, so they wanted to incorporate that story into all of the colours of all the flags of the players represented in the all-star game."

The all-star game balloting begins Dec. 10. THE CANADIAN PRESS

+ PAST, FUTURE

Since the first all-star game took place at Boston Garden in 1951, New York City has hosted the most, with five. The 2017 meeting of East and West will take place at the Time Warner Cable Arena in Charlotte, NC.



RAPTORS ROZAN AND FALLING In spite of DeMar DeRozan's best efforts, the Raptors were brought down to earth by the Nuggets, losing a heart-breaker 106-105 at the Air Canada Centre on Thursday. DeRozan had a team-high 34 points as Denver's Will Barton scored 22. RON TURENNE/GETTY IMAGES

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OMG: ALBERTA SISTERS KICK IT IN HOLIDAY SHOW

The world-famous Rockettes are supposed to look alike, but fans this Christmas might do a double take — and then a triple. Three long-legged, athletic sisters from the rural Alberta community of Lacombe — including two identical twins — are in the Radio City Christmas Spectacular lineup. Landing a job among this high-kicking chorus line is very special. Can three come from the same family?

Meet Kristin, Lisa and Alison Jantzie, celebrating their fourth year as Rockettes together. "It's always fun to look across the rehearsal hall and catch their eye and be like, 'OK, here we go, 5-6-7-8. Let's begin!'" said Alison.

They live in New York now, no more than 20 minutes apart. Lisa and Kristin live in the same building, nine floors apart.

THE ASSOCIATED PRESS



* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

You may have suspicions about someone's motives but don't go public with them. Even if you're right it will look like you are being vindictive. Your reputation could suffer most.

Taurus April 21 - May 21

Be careful with cash because you could easily make a costly mistake. What seems like a good idea now may turn out to be anything but later on, so err on the side of caution.

Gemini May 22 - June 21

No matter how well intentioned your words may be others are sure to take them the wrong way, so be careful what you say. Tomorrow everything will be back to normal and everyone will be on your side again.

Cancer June 22 - July 23

You may struggle to stay on top of your workload but the deadlines you've set are unnecessary — no one will think less of you if you fail to meet them.

Leo July 24 - Aug. 23

Creatively and romantically there is potential but today's Mercury-Jupiter link could tempt you to go too far. Don't start anything you may not be able to finish and don't make promises you may not be able to keep.

Virgo Aug. 24 - Sept. 23

Disruption is inevitable today. Whatever happens, keep telling yourself that it's not as bad as it seems and keep your emotions in check. It's not worth getting worked up about.

Libra Sept. 24 - Oct. 23

Don't make hasty decisions, especially if you like to make social and travel plans on the spur of the moment. What seems like such a good idea now may seem very different by this time tomorrow.

Scorpio Oct. 24 - Nov. 22

You may feel out of your depth and you may be tempted to give up but if you do you will regret it in a matter of days. Hang in there.

Sagittarius Nov. 23 - Dec. 21

You may be rather emotional, even if you are the kind of Sagittarius who usually treats life as one big joke. Once in a while though it is good to let it all out, so make a noise if you have to. You will feel better for it.

Capricorn Dec. 22 - Jan. 20

You may not be the type to make changes once you've made up your mind about something but you may not have a choice today. You are not in control of events — events are in control of you.

Aquarius Jan. 21 - Feb. 19

Usually you don't care if others disapprove of what you're doing but if you're smart you'll make an effort to care. No matter how self-reliant — make an effort to work with others.

Pisces Feb. 20 - March 20

You may not be able to control what happens but you can control the way you react. The more others try to mess with you the more you must strive to stay serene.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4	3	7	1	8
7	1			6 5
	4	6		
9	7		8	4
3		6		7
2	4		6	3
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1	2		7	9
3	1	2	7	4

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RECIPE Mini Lamb Burgers

PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate making it to Friday with delicious burgers with big flavour.

Ready in

Prep time: 25 minutes

Serves 4**Ingredients**

- Tomatoes, sliced
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp cumin
- Salt and pepper
- 1/2 English cucumber, seeded and finely chopped
- 1/2 cup Greek yogurt
- 2 tsp lemon juice
- 2 tsp fresh mint, finely chopped
- 1 clove of garlic, minced
- 8 to 10 mini pitas
- Lettuce leaves, washed and torn

Directions

1. In a large bowl, mix together lamb, onion, parsley and spices and combine well. Cover and place in the fridge.
2. In a medium sized bowl, mix cucumber, yogurt, lemon juice, mint, garlic and salt and pepper and stir.
3. Take meat out of the fridge and form 8 to 10 small patties. Place them on a clean plate. Heat your grill or pan to medium, medium-high heat and add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 F. Work in batches so you don't over crowd the pan.
4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of the tzatziki-ish sauce.

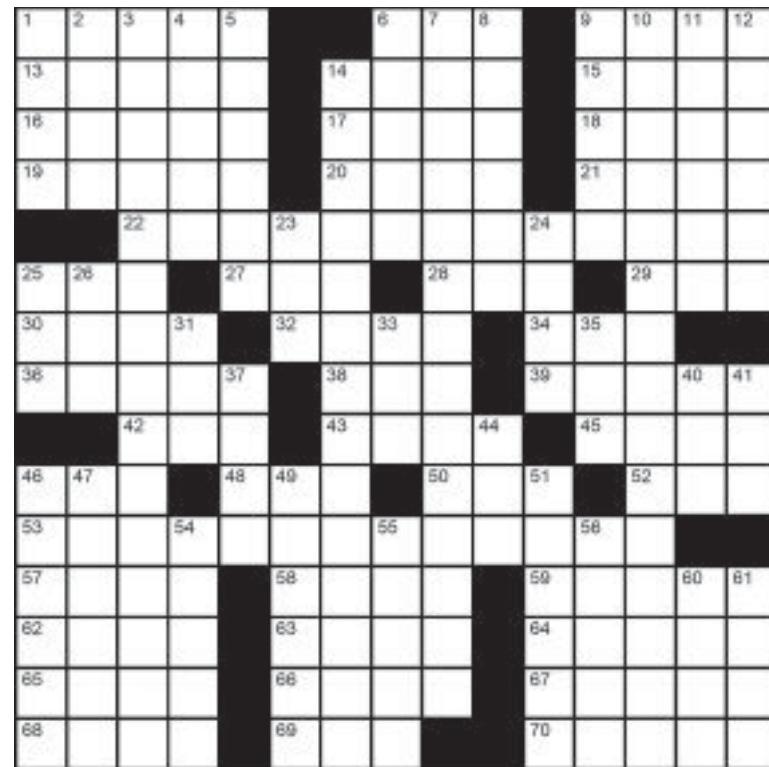
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Flapjacks flavouring's flavour
6. "I Am Legend" (2007) star ...his initials-shares
9. Sniffy state
13. Another time
14. Nightclub in a Barry Manilow hit, briefly
15. "Be ___!" (Help out!)
16. Go-__ (Fun vehicles)
17. Throughout
18. Alphabet sequence
19. Prefix to 'dentist' (Braces giver)
20. Nasty
21. Nero's 651
22. Manager of the same-named band, as per #3-Down: 2 wds.
25. Numerical prefix
27. Moviedom's Melissa
28. Consume
29. '70s records
30. Actress Cheryl
32. Intermision, __'acte
34. Diminutive
36. Pre-university Quebec school
38. WWII soldiers
39. Ms. Spellings'
42. Farm animal
43. 'Opal' suffix
45. Ms. Campbell
46. Clod
48. Moulder
50. "Papa-__-Mow-Mow"
52. No. to call
53. Invading naval fleet defeated by England



in 1588: 2 wds.

57. Bloody prefix
58. Violinist, Hilary __
59. Blown snow formation
60. Botanical leaf-to-stem angle
61. Director Mr. Pol-

ing things, say

65. Sound
66. On __ with (Equal to)
67. Christmas poem bit: "...not __ mouse."
68. "...so long __ both shall live?"
69. Director Mr. Pol-

lack, briefly

70. Not like The Fonz

The: 2 wds.

4. Willowy
5. Spiritualize
6. Fabricated on a loom
7. Canada's legendary opinion-giving video booth: 2 wds.
8. Ontario city on Lake

DOWN

1. Shark variety
2. Food thickener
3. 1970s music-themed sitcom, with

9. Huron where #51-Down was born
10. (The first letter of Calgary, compared to the first letter of Celine)
11. Holt Renfrew, for example: 2 wds.
12. Liquids
14. Theme song for #3-Down: 4 wds.
23. Hive denizen
24. Food package abbr.: 2 wds.
25. "Say Yes to the Dress" network
26. After It All: Current album by folk rock group Delta __
31. Lawn's morning blanket
33. Christmas-y contraction
35. Geologic-al period
37. Prefix to 'scope'
40. 'Excess' suffix
41. __ et poivre
44. Last day in December, e.g.
46. City on Lake Ontario east of Toronto
47. Highest points
49. Milo of "Romeo and Juliet" (1968), and surnamesakes
51. Dave __ (Canadian-born actor who portrayed #22-Across)
54. __ prosequi (Not proceeding, in law)
55. Onward
56. Took the car
60. Deflect/protect
61. Restaurant or-der holder

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